

Bavarian News

Vol. 6, Nr. 17

U.S. Army Garrisons Grafenwoehr, Hohenfels, Ansbach, Schweinfurt and Garmisch

September 15, 2010

HOHENFELS

Stranger danger

"Safe Child" teaches local children to protect themselves from abuse

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Fall = football

Football players from all over Europe flock to Marcus George's weeklong camp

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The olfaction way

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War stories

Five seasoned NCOs relay the realities of war to future NCOs in the German army

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Huddle time

The Community Huddle will be held Sept. 23 at Rose Barracks, Bldg. 134, from 11:30 a.m. to 1 p.m. Garrison directors and subject matter experts will brief topics and answer questions.

Also, the community will kick off its Combined Federal Campaign Overseas following the Huddle.

Get fit, don't quit

The IMCOM Europe Fitness Day, Sept. 18, from 10 a.m.-4 p.m., at the Grafenwoehr Fitness Center, will feature wellness information, fitness assessments and classes, a 2-mile "Run/Walk for Life" and more.

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Photos by Molly Hayden

Justin Bruennig puts his backpack in a locker as Daysia Jones (above) takes a short rest while storing her nap pillow prior to their first day of kindergarten, Sept. 7. Bruennig and Jones, along with numerous eager students and a few tearful parents, gathered in teacher Chris Manzo's classroom to kick off the new school year at Grafenwoehr Elementary.

"We get to learn division this year."
Ariana Shannon
Grade 3

"Being the highest grade in the school."
Cassidy Delaney
Grade 5

"Getting good grades on my report card."
Caesar Rodriguez
Grade 5

"Recess."
Jacob McNeill
Grade 2

Officials note disturbing fire trends

by IMCOM
Public Affairs
News Release

SAN ANTONIO — Installation Management Command safety officials have noticed a disturbing trend in recent fires and are increasing their efforts in reducing the number and severity of preventable incidents.

In 2009, IMCOM initiated an aggressive Fire Safety Campaign, focusing on fire safety awareness and education training, along with inspecting and ensuring smoke detectors' operability in all Army structures to include family housing. The campaign was successful as the number of fires and property damage declined significantly.

According to U.S. Army Garrison Grafenwoehr Fire Chief Josef Rodler, USAAG Grafenwoehr has had 22 fires since October 2009, with 8 (36 percent) being cooking related. These numbers include Grafenwoehr and Vilseck fires.

"We have the same problem every year with people walking away from the stove while they are cooking," said

However, since the end

of the 2009 Fire Safety Campaign, IMCOM has experienced an upward trend in unattended cooking fires in family housing on Army installations. Indeed, 56 structure fires have occurred since October 2009, with 33 (59 percent) of those being cooking-related in family housing. Additionally, there's been a recent rash of fires caused by lint build-up in clothes dryers.

Rodler. "For example, several times the cook has just run upstairs to check on the baby or answer the phone and



Photo by Staff Sgt. Tracy Hohman

Installation Management Command officials in Europe are taking steps to reduce the number of preventable fires in military communities.

it takes longer than they expected. They just forgot they have left the burner on."

See FIRES, page 25

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Female fitted ACU

A more form-fitting ACU for women may be on the way

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Romantic Rothenburg

Take a trip to what many call the quintessential German town

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Warrior pose

Army officials consider alternative ways for treating Soldiers' pain

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Bavarian News

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We want to hear from you! The Bavarian News welcomes articles from Army organizations and announcements from the general public about events of interest to the military community.

If you have newsworthy ideas or stories to submit, coordinate with the managing editor at 475-7113, or e-mail jeremy.buddemeier@eur.army.mil. The final decision on whether content will run rests with the editor. The editorial deadline for articles and announcements is noon on Tuesday, the week prior to the publication date. Publication dates can be found at www.milcom.de.

All editorial content is the responsibility of the U.S. Army Garrison Grafenwoehr Public Affairs Office.

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Water Tower art by Dane Gray

Commander's Message



Pet ownership no small task

Supporting fall sports is a good way to get out into the community

Gruess Gott! The month of September is Suicide Prevention Awareness Month. In that regard, it is important to reiterate to Soldiers, family members and civilian employees that "It is OK" to seek help. We can prevent suicide. It is OK to encourage someone to get help, and it is OK to refer someone for assistance.

While to some it may seem cliché to talk about multiple deployments and the stress on the force, the indicators are that all population groups are at risk. That said, all of us must take this issue head on. Life is precious and we as a community must take care of each other.

As a part of taking care of each other, we must also take care of our community by being responsible pet owners. Over the past few weeks, the community has witnessed a number of incidents involving people, to include children, being bitten by dogs.

In addition, you will sometimes stumble upon seemingly abandoned pets. As a pet owner I am ultimately



responsible for the actions of my pets as is every pet owner in the community.

I implore all of you to refamiliarize yourself with host nation laws governing certain types of pets and our own housing regulations.

If you don't have pets and are thinking about acquiring pets here, the same applies. You will see an uptick in enforcing published standards to include warning letters and authorized forcible pet removal, if required, on the far end of the continuum. All of this can be avoided through responsible pet ownership. Thanks to those vigilant community members for reporting pet abuse and policy violations.

Fall sports

As we wind down the summer here in the Grafenwoehr Military Community, we actually wind up my favorite fall sports season. Our CYSS sports programs are off and running as well as unit activities and local DoDEA school sports. If you are a fan of tackle foot-

ball, golf, tennis, volleyball, cross country or cheerleading, these are just sampling of sports taking place right here in our backyard.

I encourage everyone to get out and support our local sports programs as either a participant or spectator. I'm sure the players and fans will appreciate it. If you want to spend a day supporting our local high school students, please visit Vilseck High School's website (www.vils-hs.eu.dodea.edu) for schedules and get out there and cheer on these competitive athletes.

Finally, I just wanted to take the time to thank the community for actively participating in our customer survey assessment as well as our community huddle. The Grafenwoehr Military Community is striving to become an Army Community of Excellence. We have a long way to go before we can compete and achieve that status. We can't get there without an active and vibrant community.

Your feedback helps us to be a great place to live and work.

*Col. Vann Smiley
Commander, U.S. Army
Garrison Grafenwoehr*

CSM Corner



School safety is back in session



School is back in session and with it comes a variety of issues for everyone. Most are simple safety issues, but just because they are simple doesn't mean they aren't important. Safety should be priority one. We want this school year to be happy and healthy one for everyone.

For the new families in the area and those returning here are a few things to remember. First of all, for everyone, slow down your driving. Second, school bus rules here are different than in the states. Make sure you and your student know the rules before they get on the bus.

Last but not least, get to know your SLO, or school liaison officer. This person connects you and your family to garrison schools. If you have any questions, he or she will be the one to help you find the answers or guide you to someone who does. The U.S. Army Garrison Grafenwoehr SLO is Ann Bruennig. She can be reached via e-mail at ann.bruennig@eur.army.mil or at DSN 475-1770, CIV 09641-83-1770.

Whether you're a Soldier or civilian, parent or not, speed can kill. Children are notorious for suddenly running into the street for dropped books, balls and toys but it's not just small children. Teenagers get distracted by listening to their mp3 players, phones or when chatting with friends.

Prominently placed bright yellow banners, which are close to the schools, tell drivers school is back in session and to slow down. Also, drivers should watch out for crossing guards at the crosswalks.

Students should be mindful, as well.

One of your jobs as a student is to pay attention. For everyone's safety, pay attention outside the classroom, too.

As DoDDS does not own buses or employ drivers but contracts with host-nation commercial companies for transportation services, buses are not the yellow vehicles familiar to American children. They are European-style tourist or city transit coaches, marked with the international school bus signs front and back.

Student misbehavior diverts the driver's attention from driving safely and endangers everyone on board. Teach your children the "10 Rules for a Safe Bus Ride" listed on the website www.eu.dodea.edu/transportation/docs/parents_newcomersGuide.pdf.

Also, the driver's job is to operate the bus safely, not to enforce good order and discipline. Parents are responsible for their children's behavior on the bus. Remember, transportation is a privilege, not a right or entitlement.

For more rules and bus guidelines visit the Department of Defense Schools website at www.eu.dodea.edu/transportation. Parents who don't have Internet access at home can access the Web for free at garrison libraries with their military ID card.

School parent handbooks should have been given to parents when their

child was enrolled, but are also available online at the following addresses:

- Grafenwoehr Elementary - www.graf-es.eu.dodea.edu/handbook/Parent-Student SY_09-10.pdf
- Vilseck Elementary: www.vils-es.eu.dodea.edu/New%20page/Handbooks/parenthandbook%202010-2011.pdf
- Vilseck High School - www.vils-hs.eu.dodea.edu/documents/handbook/VHS_Parent-Student%20Handbook.pdf
- Netzaberg Elementary - www.netz-es.eu.dodea.edu/Parent-Student%20Handbook%202009-10.pdf
- Netzaberg Middle School - www.netz-ms.eu.dodea.edu/handbk.html

Additional websites for DoDDS schools can be found at www.eu.dodea.edu/schools/index.php?Id=1.

On a final note, parents: Get involved with your student's school. Know who their teachers are and volunteer as often as you can. School resources are never as high as we need them to be, so any time you can lend a hand, teachers appreciate it.

Remember, it's all about the kids, not us. We need to be there for them because it's our job to give them the tools to be successful. It's up to us as teachers, mentors and parents to help them grow up in a healthy way.

*Command Sgt. Maj.
William Berries
CSM, U.S. Army
Garrison Grafenwoehr*

Kids Say the Darndest Things



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'GeoBach' not an easy decision to make

by Jacey Eckhart
CINCHouse.com

The phenomenon of geographic bachelors — those guys who move to their new duty station and leave their families behind — has always puzzled me. Now that Brad and I are going the GeoBach route during the next year, I'm more curious than ever.

Because there is no way that this is easier for families. It can't possibly be costing the military less money. So where is the research? Where are the numbers? Why isn't GeoBach one of those military social problems under intense scrutiny?

Got me. I had to make up my own reasons why this is one phenom the military doesn't really want to know anything about.

The phrase geographic bachelor must sound kinda sexy. If the military acknowledges geographic bachelors, then probably everyone will want equal access to their renewed bachelorhood benefit. Too bad the part of bachelorhood they get back is the shackin' up with four other guys in a scrappy apartment courting scurvy. What a retention tool.

Sad old guys shuffling around at the Q is not as interesting to scientists as battle weary warriors. GeoBach is a peripheral issue. It is often undertaken by senior NCOs and upper-level officers. These folks already have the retirement buy-in. They will suffer in silence. So why do I keep meeting more midlevel dudes going GeoBach even after combat duty? What does that mean?

Wrong name. "Geographic bachelorhood" sounds like it happens to one person — the service member. That's just plain silly. We should more accurately call participants geographic families and acknowledge this pattern happens to the whole family.

Can't decide whether GF is another positive adaptation by Spartan military families. Or a bad idea. **Or both.** Among GFs, the consensus seems to be that the actual commute and communication and cost is awful. But after the GF tour is done, few senior families admit that it wasn't worthwhile to live apart for what they got in return. Really? I mean, really?

Being logical about geographic families is not easy. It is not an easy decision to make and it is not an easy decision to live with. We could sure use some better information from families of all ages who have experienced a GF tour. If you'd like to share your story or your tips, please e-mail me at jacey@jaceyeckhart.com.

Entschuldigung

In the Sept. 1 edition Oktoberfest article, page 13, the Military Concierge Company's website was listed incorrectly. The correct website is www.mymilitaryconcierge.com.

Berber wins IMCOM Soldier of the Year

by Trecia A. Wilson
Staff Writer

Spc. Luis Berber arrived in the European theater in mid-February 2010, and less than two months later he was tasked to prepare for the Installation Management Command - Europe's Soldier of the Year competition which would take place in early May.

The competition requires a dedication far beyond the average sport because it exhibits to officers and noncommissioned officers the kind of professionalism much needed within today's Army. The skills these Soldiers demonstrate saves lives.

A quiet 21-year-old, Berber has proven his skill in combat. He is a tried and true Iraqi Freedom veteran, having served a year as a military policeman with the 3rd Brigade Combat Team, 82nd Airborne Division, prior to joining the MP unit at Headquarters and Headquarters Company, U.S. Army Garrison Grafenwoehr.

And yet, as new as he is to the USAG Grafenwoehr military police, he has made his presence known.

Berber made his mark competing in the Soldier of the Year competition for Installation Management Command Europe. And, as if to prove it wasn't just luck, Berber went on to become the IMCOM Soldier of the Year.

The competition isn't a mere race to a finish line, but a grueling series of tasks that includes demonstrating day and night land navigation skills, strength and endurance marches, a weapons qualification, comprehensive understanding of Army regulations, and the confidence to address a board of superior officers in a question-and-answer session, in addition to writing a 700-word essay on an unknown topic.

When asked why a Soldier so new to the unit was chosen for this daunting task, Sgt. 1st Class Lloyd Young, noncommissioned officer in charge of Berber, said: "Simply put, Berber is a good Soldier. He does his job and



Photos by Gertrud Zach

Spc. Luis Berber, Headquarters and Headquarters Company, U.S. Army Garrison Grafenwoehr, completes the land navigation portion of the IMCOM-Europe Soldier of the Year Competition, which was held at Grafenwoehr, recently.

what is asked of him. What sets him above is that he takes pride in whatever it is he is tasked with."

Always up for a challenge, Berber thoroughly prepared himself, showing his unit and NCOIC their faith in him was well-founded. Preparing for it meant focusing on nothing but the upcoming challenges, so Berber was tasked with doing just that. However, he had only two weeks between the local SOY board before he had to compete at the European-level.

Every morning after PT Berber sat down to study Army rules and regulations and prepared for other aspects of the competition.

Berber credits Sgt. Robert Brech, noncommissioned officer in charge traffic section, with being his biggest influence during the preparation phase. He said Brech and Young provided all the training materials and pushed him to succeed.

"Spc. Berber is an outstanding Soldier," said Brech. "He is what all junior enlisted service members should strive to be: dedicated to the mission, energetic, eager to learn and

morally sound."

After winning the European-level of the competition, Berber found himself with a new set of challenges at the national level. He had to be ready for urban navigation and prepared to compete in grueling hand to hand combatives.

"The competition in Washington was fierce," said Berber. "There was a lot of tension when we first got there, and the weather was very different than what I had been training in."

Another difference between the Grafenwoehr and D.C. competitions was the order in which participants faced the oral board.

"In Grafenwoehr, I had to wait from 0900 to 1600 for my turn to face the board," said Berber. "In D.C., I was the first one to go in. It was less stressful not to have to sit and wait all day."

Young accompanied Berber to the D.C. competition and said one of the things that stood out about Berber's strength of character came during the early morning combatives competition.



Berber pushes himself to finish the last 50 meters of the ruck march during the Soldier of the Year competition at Grafenwoehr, recently.

"I enjoyed watching Spc. Berber during the combative tournament," said Young. "He was recently certified level one and he had not had a lot of experience, so the day prior Staff Sgt. McDougall and myself went over some basics with him as a refresher."

"The competition started early and Berber fought about five times before the announcement was made about breakfast," said Young, "but without looking up I knew he would not leave."

Young said Berber could have left to go eat breakfast, but if he wasn't present when his next fight was called, he would have been disqualified.

Berber fought about three more times until he was simply outmatched and although he was sore and drenched with sweat, he never gave up.

Berber saw the competition as a good experience — a stepping stone toward something better in his future.

"Even if I didn't win," said the Exeter, Calif., native, "at least I could say it was something I attempted."

Remembering that day

Col. Vann Smiley, U.S. Army Garrison Grafenwoehr commander, and USAF Grafenwoehr's Command Sgt. Maj. William Berrios place a wreath during the Patriot Day celebration at the 9/11 Memorial on Rose Barracks, Sept. 10. More than 70 Soldiers and community members attended the event.

The placard at the memorial reads:
"In memory of those who lost their lives on 11 September 2001 - the day freedom and democracy came under attack. The tragic events of that day demonstrate the triumph and resolve of the human spirit."

Photo by Kim Gillespie



Graf goes green with new fuel cell backup power

I3MP provides stable energy source and supports infrastructure

by Molly Hayden
Staff Writer

Engineers and Soldiers alike have long fluttered with excitement over new technology to provide a more efficient, reliable and environmentally sound energy source to support infrastructure within the Grafenwoehr Training Area.

Three years and \$23 million later, Europe, Installation Information Infrastructure Modernization Program (I3MP) and engineers, procured, installed and upgraded the capacity and reliability of voice and data infrastructure on the installations.

The backup power, once supplied by battery Uninterruptible Power Supplies, has been replaced by fuel cell technology.

"A better solution was requested," said Maj. Sean Troyer, I3MP product director-Europe. "Upon further investigation, it was determined the fuel cells could provide enough power for air conditioning and lights inside a telecommunications room."

"This finding also allows fuel cells to replace diesel powered generators," said Troyer.

Engineering began in September 2007 and the contract was subsequently awarded in June 2008 with millions of dollars invested into the community. This investment resulted in an increased network and communication connectivity to more than 13,400 users.

This project was government engineered through I3MP and contractor implemented by AT&T with German subcontractors.

With Herculean capabilities, I3MP upgraded the capacity and reliability of voice and data infrastructure and provided the framework for moving to a network-centric, knowledge-based operation.

Additionally, the project enhanced connectivity between forward deployed and rear forces; and supported installation communications during readiness, training and mobilization for sustaining bases and tactical and strategic systems that operate within the confines of the installation.

Amid the increasing energy demand and cost and growing public awareness for energy conservation, fuel cell power has become a top

choice for on-site power, according to Miles Metcalf, project manager for AT&T.

"The Army is doing their part to keep up with the technology and demand," said Metcalf. "It was truly a partnership and team effort that allowed a project this big to be completed in the span of a few years."

I3MP capabilities, in support of the continued implementation of Army Knowledge Management, will significantly impact the warfighter's ability to obtain secure access to critical information. This infrastructure is critical for reach back and power projection of the digital division and employment of advanced technology for an agile combat force.

Additionally, the project supports the Army's directive to find and implement green technology.

Contest to pay cash for money-saving ideas

by U.S. Army Europe Public Affairs
News Release

Service members and Department of Defense civilian employees have a chance to make money helping DoD save money, during the ongoing INVEST Awards contest.

INVEST, which stands for Innovation for New Value Efficiency and Savings Tomorrow, will give cash prizes for the best-cost saving ideas sent to DoD by Sept. 24.

Twenty-five final winners will be selected and presented with prizes of \$500 or \$1,000 approximately one month after the contest ends.

"We are launching (this) online contest for the purpose of soliciting and rewarding creative ideas to save money and use resources more effectively," said Defense Secretary Robert M. Gates when the contest was launched in early August.

According to the INVEST website, the program is looking for ideas that will "save money, avoid cost, reduce cycle time and increase agility. There is not a required timeframe, but ideas should contribute to (Gates') five-year goal of \$100 billion in savings."

Ideas can be submitted easily with a brief online form available at the contest website below. Contestants must be service members or DoD civilian employee to be eligible, and are encouraged to submit multiple ideas.

"The men and women of DoD are a key part of this effort," Gates said in a message to DoD personnel about the awards. "I look forward to hearing your ideas directly, untarnished and unfiltered, on how we can improve the way we do business and spend taxpayer's money more effectively."

To submit ideas or read more about the program, go to www.defense.gov/invest.

Army asks for 'Don't Ask' input

by Army Public Affairs
News Release

WASHINGTON — The Army launched a "Don't Ask, Don't Tell" online inbox specifically available for Soldiers worldwide to share comments and opinions.

The inbox is accessible via the Army Knowledge Online homepage. The intent of the inbox is to help the Army assess and consider the impacts, if any, a change in Don't Ask, Don't Tell law would have on operations, readiness, effectiveness, unit cohesion, recruiting and retention, and family readiness.

Complete instructions can be found on the inbox entry page on AKO. The inbox will remain open until Sept. 30, 2010, or until leadership decides the inbox has fulfilled its purpose.

The Army chief of staff wants all Soldiers to have the opportunity to share comments and opinions. What is learned from inbox comments will be shared with the DoD Comprehensive Review Working Group to assist in the development of an action plan to support effective implementation, if repeal of current law occurs.

To safeguard identity of respondents, the Army will employ control measures. Inbox users are reminded that current Don't Ask, Don't Tell law remains in effect.

Georgian soldiers eager to learn from the US

by Spc. Tegan Kucera

*126th Press Camp Headquarters,
Michigan Army National Guard*

Infantry Soldiers from the Republic of Georgia trained jointly with U.S. Soldiers and Marines in a Mission Rehearsal Exercise (MRE) in the Grafenwoehr Training Area, recently.

The Grafenwoehr Training Area, home of the Joint Multinational Training Command, is the only place where U.S. service members routinely train with multinationals from all over the world. In addition, U.S. and multinational forces use mission readiness exercises as an evaluation process of their combat readiness.

The Georgian's 32nd Light Infantry Battalion is deploying to Helmand Province, Afghanistan, soon where they will be working side by side with U.S. Marines.

"They are participating in Afghanistan; if we are going to fight alongside them we have to prepare them," said Sgt. 1st Class Chris Hopkins, an observer controller, for the War Hog Team Operations Group based in Hohenfels, Germany.

This is the second rotation of Georgian Soldiers who will deploy to Afghanistan for seven months. Prior to deploying each battalion undergoes six months of training in their homeland led by U.S. Marines. After completing training they come to Grafenwoehr to take part in a monthlong Mission Rehearsal Exercise.



Photos by Spc. John Herrick

Left: Service members from A Company, 32nd Light Infantry Battalion, Georgia army, conduct stack training exercises prior to a live-fire exercise in Grafenwoehr. The training was overseen by U.S. Army and Marines, and prepares soldiers for missions in Afghanistan.

Above: Maj. James Cherry, team Georgian officer in charge, motivates service members from A Company, 32nd Light Infantry Battalion, Georgian army, prior to a live-fire mission rehearsal exercise.

Lt. Col. Dan Thoele, the executive officer of the Marine Corps Training and Advisory Group (MCTAG), has been behind the training of both battalions. Thoele said MCTAG wanted different Marines to observe the Georgians than the previous trainers in Georgia due to their recent experiences in Afghanistan.

"I'm going to give the Georgians all the knowledge that I can about what I learned when I was in Afghanistan, so hopefully it will help them out on their deployment," said Staff Sgt. Jon Donald, a Ma-

rine observer controller from Camp Lejeune.

Donald said he wanted to pass on to the Georgian soldiers as much as he could about the people and culture that are in the Helmand Province.

"These guys know where they are going, it's not the safest place in the world and these guys are ready to go over there and take care of business," said Donald.

The 32nd Light Infantry Battalion is composed of soldiers who have all volunteered to deploy to Afghanistan. They have learned a lot in the past

six months from the Marines on how to establish and improve upon their combat operations and will learn even more once they deploy.

"It has been really good for our army. The Georgian army needs a lot more experience because our army is still new," said Cpl. Boris Tsuaia an intelligence specialist with Alpha Company, 32nd Light Infantry Battalion with the Georgian army.

Tsuaia is one of the many Georgian soldiers who was taught Marine techniques in Georgia and is now here in the

to show the Georgians how a strong NCO Corps can translate to their army having better soldiers.

Besides Hopkins and Donald, observer controllers from the Republic of Georgia were also observing the exercise. Thoele said this is an opportunity for the Georgian observer controllers to learn and eventually teach the training themselves.

"It's very rewarding; the Georgians want to learn from the U.S. The Georgians want to observe as much as they can," added Thoele.

40 nations test interoperability

GTA hosts its largest communication exercise to date

by Denver Makle

7th U.S. Army JMTA Public Affairs

About 1,400 participants from more than 40 countries and organizations gathered at the Joint Multinational Simulations Center at Grafenwoehr Training Area for the U.S. European Command's exercise, Combined Endeavor 2010, the world's largest military communications and information systems exercise. The exercise, which began Sept. 2, will end tomorrow.

"We are here with different types of equipment. We are teaching each other how to use these systems," said Miha Plevnik from the Slovenia delegation. "We are getting more and more experience, and in this way we are getting better in communications."

Communications refers to each nation testing existing signal equipment and computer network functions that could be used for coalition operations for compatibility or noncompatibility. Another benefit — emerging nations can modernize their communications infrastructure and interoperability, which is also useful during emergency response. For example, officials said the 2004 tsunami relief efforts were supported by Swiss helicopter flight crews with interoperability guides developed and refined during this exercise.

"Improvements in communication and computer network capabilities will not only enhance the readiness of our forces to provide regional stability," said the U.S. European Command Civilian Deputy, U.S. Ambassador Katherine Canavan. "They will also enable more efficient cooperation among partners across a broad range of activities, including natural disaster response."

In addition to hosting Combined Endeavor 2010, two additional exercises were run at the Camp Aachen site: Phoenix Endeavor, which is focused on network-frequency management; and Cyber Endeavor, which



Photo by Staff Sgt. Tim Chacon

American and Italian technicians work to establish network connections during exercise Combined Endeavor 2010. The exercise was held at the Joint Multinational Training Command in Grafenwoehr. JMTA has the only Battle Command Center and supporting facilities certified by the Joint Forces Command to conduct joint training. More than 40 countries participated in the exercise.

trained nations in cyberdefense and information assurance.

"Because of the capacity Grafenwoehr has both in facilities and network capabilities, Grafenwoehr became the main operating site," said Capt. Peter Lole, Joint Multinational Simulations Center's lead planner. "A forward-site is located in Romania. There are a few networks connecting Romania (Mihail Kogalniceanu Airbase) to Grafenwoehr."

Lole said the savings are significant for participating nations. The countries did not have to spend funds on transportation costs associated with bringing those goods or providing contract staff to support the exercise.

"We have an existing facility here for participants to fall inside, instead of countries having to travel and stand-up a facility to support the exercise," said Lole. "If you look around this room all these computers, tables, chairs and projectors, most countries didn't have to bring those things here."

Although a large majority of the countries participating are from Europe, this year, representatives from the Iraq and Afghanistan participated to help U.S. Central Command develop a template for a future Combined Endeavor exercise in that region.

"There's an 'endeavor' now in the Pacific, Pacific Endeavor. There is one in North America that uses South America and Canada to interconnect their network communication systems," said Capt. Jack H. Gaines, EUCOM spokesperson. "This exercise that we do here in Grafenwoehr has branched-out worldwide, and every major command is launching their version of it."

Representatives from Iraq and Afghanistan benefit by participating in this event as they move beyond combat operations toward development and capacity building, which is the next step for the nations. Combined Endeavor 2010 in Europe serves as a dry-run or rehearsal for their own exercise, said Gaines.

Army National Guard unit essential for success

by Capt. Corissa Barton

*126th Press Camp Headquarters,
Michigan Army National Guard*

Each year, the Joint Multinational Training Command trains thousands of U.S. and multinational forces and leaders to allow them to dominate in full-spectrum operations in any environment.

To assume such a mission, the JMTA enlists support teams to ensure all training is done to standard and as safely as possible. But if things go wrong, one team stands by to react.

The 121st Medical Company (Air Ambulance), Washington, D.C., Army National Guard, is ready to fly at a moment's notice if the need for a medical evacuation arises.

"We have crews that are on duty 24/7 at Grafenwoehr and Hohenfels. Typically we can go from being asleep in bed to skids off the ground in about 15 minutes," said 1st Lt. John Tritschler, medevac pilot.

The aircraft they fly, the UH-72A Lakota light utility helicopter, is another tool in the arsenal for the JMTA.

"It is a very modern aircraft that has lots of the bells and whistles. It's got fully coupled auto pilot, which makes our jobs a lot easier. It is used a lot for civilian medevac. It is a typical civilian helicopter with very few modifications from the civilian model," said Tritschler.

The UH-72A has never flown in Europe until now. The crew has a strict mission of medevac while at Grafenwoehr, however, they can serve other missions in the U.S.

"Back in the states our unit has been tasked with operational support for dignitary visits or events such as the presidential inauguration and state of the union addresses. We can also respond in the case of natural disasters," said Tritschler.

Because the aircraft is brand new, the pilots were able to receive training directly from the manufacturer, American Eurocopter, in Texas. The Army has since developed its own six-week training course at Fort Indiantown Gap, Penn. The pilots also went through a validation process at

Grafenwoehr in order to cover the European skies.

"Our validation process consisted of learning the area and routes to ensure we can get to the units doing training at the Grafenwoehr Training Area and get them where they need to be quickly," said Chief Warrant Officer 3 Rendell Long, medevac pilot.

The 121st is supporting Grafenwoehr and Hohenfels for 12 months. The Grafenwoehr Training Area gives the traditional Guard Soldiers the opportunity to become experts of the aircraft before using them for possible natural disasters upon returning home.

"Normally you don't end up assisting the Soldier as much as we are assisting the Soldier now. Most Guard units train for two weeks a year. Here we have a higher optempo and you have Soldiers training on a consistent basis so the support is necessary to be there for them. In case an injury occurs we are able to pick that particular individual up and take them to the hospital," said Long.

Though training accidents are rare in the GTA due to the strict safety measures in place, they can happen. However, with the D.C. National Guard standing ready, Soldiers trained by the JMTA can rest assured they will be well taken care of.

"Just like most people who call 9-1-1 back in the states or get hurt they always want to make sure that who is going to come help them can handle the situation and be there quickly," said Staff Sgt. Joshua Wadell, a flight medic with the 121st.

While the unit is currently supporting the JMTA, it is also providing some training of its own.

"We can help units prepare for nine-line medevac and helicopter safety. We also train them how to properly load and unload litters to get their injured brothers and sisters to our helicopter safely," said Maj. Mark Escherich, commander of the 121st.

Because of the limited training opportunities available at home, performing this real world mission in support of the JMTA gives the unit pride and validates the work that they do.

Community pays its respects to fallen Soldiers

Soldiers pack chapel in Grafenwoehr for Warhammer hero

by 1st Lt. Jennifer Dyrz
18th CSSB Public Affairs

With heavy hearts and quiet sorrow Soldiers and civilians packed the Grafenwoehr Chapel, Aug. 26, to remember Staff Sgt. Derek Farley of the 702nd Explosive Ordnance Disposal Company who was killed while dismantling an improvised explosive device in the Farah Province of Afghanistan, Aug. 17.

Soldiers and families showed up in droves and the crowd packed the chapel, spilling outside around the doors. During the memorial ceremony, Farley was fondly remembered by his colleagues and peers. "I thought Staff Sgt. Farley was one of the best young EOD team leaders I've ever been privileged to have worked with," said Sgt. 1st Class Shawn Daniels, the 702nd EOD Co. operations sergeant. "I was looking forward to his return so I could watch him pass on his knowledge to the group of young EOD Soldiers who have recently arrived from EOD School. There have been few guys that I've known in my career that I've respected and loved as much as Derek. In many ways, I considered him the little brother I never had



but had always wished for."

"Derek knew the dangers and never flinched; in fact, he was intrepid and went straight to his work, even at the point where he was a week from changing out with his replacement and redeploying," said 1st Sgt. Alfred Rebara, the 702nd EOD Co. first sergeant. "He was selfless, telling his parents that he knew he was protecting the lives of his fellow Soldiers every time he went outside the wire. The EOD technician's purpose is to protect life and property, and Derek fulfilled that mission with a heartfelt desire to do well."

"Derek embodied the guy who was everyone's friend and loved to give that one-armed shoulder hug when you walked over," said Spc. Johnathan Gilley, a 702nd EOD Co. communications specialist. "Derek never had an enemy or a problem he couldn't solve. He lived and loved everyone so deeply. And it was once said people loving deeply have no fear of death. I can attest to that. Derek loved deeply and gave his life proudly so other Soldiers could come home. He had no fear of death and gave his life so that others may live."

"We will honor Derek in all we do. There is a long line of EOD Soldiers, past and present, who will never forget their friend, their beloved brother in arms and their hero," said Capt. Stewart McGurk, the 702nd EOD Co. commander.

At the conclusion of the Soldiers' remembrances, the 18th Combat Sustainment Support Battalion's command team, Lt. Col. Reed Hudgins and Command Sgt. Maj. Bryan Witzel, presented a ceremonial Warhammer to Farley's memorial. This icon of the battalion had been touched by the members of the battalion to symbolize the Soldiers' commitment to Farley's family to carry on his legacy and honor his memory.

The closure of the ceremony was the scene of an hourlong vigil as Soldiers, civilians and dignitaries solemnly filed up to the memorial in pairs to salute, place mementoes and bid farewell.

Also in attendance were Maj. Gen. Patricia McQuistion and Command Sgt. Maj. James Spencer from the 21st Theater Sustainment Command, Brig. Gen. Steven Salazar and Command Sgt. Maj. Darieus Zagara from the 7th Army Joint Multinational Training Center and German representatives from the Polizei and Forest Service, the 702nd EOD Co.'s sister unit, the Freihung Bundeswehr Reserves.

War Eagles honor Spc. Justin Shoecraft

by Staff Sgt. John Wollaston
2SCR Public Affairs

CAMP HOLLAND, Afghanistan —

In solemn ceremonies at Camp Holland and separately at Forward Operating Base Tabar, Soldiers from 1st Squadron, 2nd Stryker Cavalry Regiment, gathered to say goodbye to Spc. Justin Shoecraft. Shoecraft, 28, from Elkhart Ind., was killed by an improvised explosive device, Aug. 24, during an engagement with insurgents near his patrol base in Uruzgan Province.

The 2SCR rear detachment held a memorial service at the Rose Barracks Cavalry Chapel, Sept. 2.

During the memorial ceremony at FOB Tabar, Aug. 29, troopers paid their final respects to their fallen comrade. Name tapes and challenge coins were left by friends and fellow Soldiers as a way to say a final goodbye to one of their own who made the ultimate sacrifice for his country.

"Spc. Shoecraft was a splendid representation of the people he knew and loved. His character, selfless service and simple goodness were of a level most are not able to achieve," said 1st Squadron Commander Lt. Col. Douglas Sims. "His sacrifice for the same will not be forgotten by his country or the men with whom he served."



Capt. Mikola Shoecraft's troop commander, praised Shoecraft for his selfless service and sense of duty for enlisting during a time of war.

"To leave behind friends, family and the comforts of home is the calling of all Soldiers," King said. "At a time where less than one percent of our fellow citizens serve, to join knowing war and deployment into combat would certainly put Shoecraft at the top of any list for bravery and patriotism."

Two days earlier at Camp Holland, Aug. 27, a multinational force comprised of Americans, Australians, Slovaks, Dutch and soldiers from the other countries that currently make up Combined Team Uruzgan formed up along the road that led from the Dutch hangar to the flight line. A cordon of camouflage nearly a half mile long saluted as an Australian scout vehicle carried Shoecraft to the waiting C-130 transport aircraft.

Soldiers from Bull Troop, wearing black armbands on the left sleeve of their uniform, walked solemnly alongside, escorting their friend and fellow Soldier.

Shoecraft is survived by his wife Jessica and his parents.

Control of dining facilities to change hands soon

172nd takes over at Conn and Ledward barracks DFACs

Story and photo by
Spc. Robert J. Holland
172nd Infantry Brigade Public Affairs

SCHWEINFURT, Germany — Operational control of the Ledward and Conn barracks dining facility, here, will switch hands to the 172nd Infantry Brigade, Oct. 1.

Warrant Officer Christopher Bodoh, command food service technician, 172nd Inf. Bde., said that the military units housed on post, rather than civilian management, will have primary responsibility for all dining facility operations. The brigade has had approximately a month to prepare for the switch.

"The 172nd Infantry Brigade has the most cooks at both Conn and Ledward dining facilities," Bodoh said. "That manpower allows us to command and control the facilities."

Soldiers and patrons of both dining facilities will not see any major changes in how the facilities are currently being run.

"Everything should still run the same, just as if the civilians still had



Staff Sgt. Roderick Crossley, food operations sergeant, 44th Expeditionary Signal Battalion, prepares French toast on the grill for hungry Soldiers at the Ledward Barracks Dining Facility, Sept. 7. The dining facilities at Schweinfurt's Conn and Ledward barracks will be transitioning operational control to the 172nd Infantry Brigade, Oct. 1.

it," Bodoh said. "All we are really doing is putting our military managers in control. We already had our Soldiers there."

Staff Sgt. James R. Nichols, se-

nior food operations management sergeant, 172nd Inf. Bde., who will be heading up the management team for the Ledward dining facility, said he is excited and confident about the

upcoming change.

"I have Soldiers that come in daily that are motivated and love to do food service and make sure every Soldier here is fed a nutritional meal," Nichols said. "I foresee a smooth transition. It's already taking place."

Bodoh and Nichols said approximately 27 172nd Inf. Bde. Soldiers will be affected by the transition.

"The goal of 172nd Infantry Brigade food service is always to try to improve food service operations," Bodoh said. "We definitely want to prepare for the Phillip A. Connelly Award competition next year and try to win that for the 172nd Infantry Brigade. We always strive for perfection at 172nd Infantry Brigade food service."

The Phillip A. Connelly Awards Program recognizes excellence in the Army food service field.

"I plan on leading this facility to first place in the Phillip A. Connelly Award competition next year," Nichols said. "We welcome the challenge."

The Schweinfurt dining facilities placed third in Europe in the most recent competition. Grafenwoehr's Main Post DFAC, which is also managed by the 172nd Inf. Bde., took first.

172nd Partnership Fest

The festivities will begin Sept. 24, at 3:30 p.m., at Netzaberg Park.

The 172nd Infantry Brigade is partnering with the cities of Eschenbach, Pressath and Kirchenthumbach, and is hosting a partnership signing ceremony and celebration to commemorate the event.

Volleyball, horseshoes, a children's obstacle course and face painting will be available. Festivities will

be accompanied by traditional German music.

American and German food and beer will be sold.

The event is open to the public.

Report examines suicide, high risk behavior of Soldiers

by Office of Chief of Public Affairs
News Release

WASHINGTON, D.C. — The Army recently released the Health Promotion, Risk Reduction and Suicide Prevention (HP/RR/SP) Report, the result of a focused 15-month effort to better understand the increasing rate of suicides in the force. This candid report is intended to inform and educate Army leaders on the importance of recognizing and reducing high-risk behavior related to suicide and accidental death, and reducing the stigma associated with behavioral health and treatment. This report represents the next phase in the Army's ongoing campaign to promote resiliency in a force that has been at war for nearly a decade.

"The dedicated effort behind this report sends a clear message to our force that we take the resiliency of our Soldiers and families very seriously," said Secretary of the Army John McHugh. "This effort is part of our culture to look closely at our

selves and to make continuous improvements in our capability — but most importantly, to reduce the number of Soldiers we lose to suicide."

"This comprehensive review exposes gaps in how we identify, engage and mitigate high-risk behavior among our Soldiers. After nearly a decade of war we must keep pace with the expanding needs of our strained Army, and continuously identify and address the gaps that exist in our policies, programs and services," said Chief of Staff Gen. George Casey.

Casey told the Army's two- and three-star commanders and command sergeants major recently that "our challenge over the next several years will be to maintain our combat edge at an appropriate tempo while re-establishing garrison systems to better care for our Soldiers and families. The combination of Comprehensive Soldier Fitness with these health promotion efforts provides the foundation to improve the resilience of the force."

Unprecedented operational tempo has dictated that leaders remain

primarily focused on preparing for their next deployment. As a result, enforcement of policies designated to ensure good order and discipline has atrophied. This, in turn, has led to an increasing population of Soldiers who display high risk behavior which erodes the health of the force.

The Army's inward and transparent review is documented in this report. It addresses the full range of issues related to HP/RR/SP, outlines and defines the problem, documents actions taken, and makes recommendations for the way ahead.

Key findings include:

- gaps in the current HP/RR/SP policies, processes and programs necessary to mitigate high risk behaviors;
- an erosion of adherence to existing Army policies and standards;
- an increase in indicators of high risk behavior including illicit drug use, other crimes and suicide attempts;
- lapses in surveillance and detection of high-risk behavior;
- an increased use of prescription

antidepressants, amphetamines and narcotics;

■ degraded accountability of disciplinary, administrative and reporting processes; and

■ the continued high rate of suicides, high risk related deaths and other adverse outcomes.

"These findings demonstrate that many of our programs are unbalanced and lack integration, while reinforcing recommendations that will help us improve the quality of our programs and services," Chiarelli said.

McHugh has directed that leaders at all levels become familiar with the report. It informs leaders throughout the force about the consequences associated with high risk behavior; provides a candid, transparent and balanced review of HP/RR/SP issues; documents the Army's actions to date to improve programs and services; integrates policies, processes and programs for oversight of the force; and recommends solutions to eliminate gaps and unnecessary redundancies.

Report recommendations repre-

sent the next phase of the campaign, which has already implemented more than 200 separate initiatives over the last 15 months. For example, the Army tightened enlistment standards; established a Community Health Promotion Council at each installation; improved access and coordination between primary (medical) care and behavioral health providers; worked to stabilize unit leadership after redeployment; expanded behavioral health screening; instituted a confidential alcohol treatment program; aggressively recruited new behavioral health counselors; and created 72 new positions for chaplains, among other things.

"We've often said that the Army is a reflection of society, but we have Soldiers today who are experiencing a lifetime of stress during their first six years of service. Army leaders at all levels remain dedicated to promoting resiliency, coping skills, and help-seeking behavior across our force," Chiarelli said.

Editor's Note: The full report is available at www.army.mil/hprsp.

Dragoons learn to create air-drop landing zones

Story and photos by
Sgt. Jerry Wilson
2SCR Public Affairs

ZABUL, Afghanistan — After some intensive training in air mobility operations from their Air Force counterparts, Dragoons from Fires Squadron of the 2nd Stryker Cavalry Regiment had the chance to show what they had learned during a joint air drop exercise with the Afghan national air force, Aug. 26.

The purpose of the operation was to establish a landing strip and drop zone near Qalat that would allow supplies and equipment to be flown into the area to support the troops on the ground. The permanent strip will also simplify troop movement into and out of theater.

"We are trying to make this area into a more permanent air field where troops and logistical support can be flown directly into the battlefield," said Sgt. 1st Class Ricardo Morales, noncommissioned officer in charge of the landing zone.

"This will be a trial run using a C27A cargo plane piloted by members of the Afghan national air force," Morales explained. "The crew will land the plane then take-off again and do a series of air-drops over the landing zone."

Morales describe what makes this event a significant moment.



Air Force Lt. Col. Stacy Maxey, Air Mobility liaison officer (left), teaches Sgt. 1st Class Ricardo Morales how to check for wind velocity during a training exercise in Qalat, Afghanistan, Aug. 26.

"This is a first for the regiment to set something like this up," he said. "It is also going to be a very vital part of logistical support for future Soldiers coming in."

The operation began well before the aircraft arrived. Morales and his crew of both air force and 2SCR Sol-

diers started preparing the runway hours before the scheduled touchdown.

The team starts by clearing a flat plot of land approximately 1,300 meters long to serve as the landing strip. The team then slowly walks the stretch of land to clear the area of any



A C27A cargo plane from the Afghan national air force makes a successful drop during a practice mission.

large rocks or debris that may cause damage to the plane or hinder its landing. Every 500 meters the team places VS-17 signal panels parallel to each other on the outside edges of the runway. The bright pink panels are used as markers to indicate the runway edges for pilots. The teams placed two sets of panels along the runway, then a third orange VS-17

was placed 300 meters from the end.

Once the panels were in place the team measured the wind velocity and direction. Morales and his team underwent an intensive, two-day course in order to execute these operations.

"We covered all the aspects of how to set up a landing zone and drop zone," Morales explained.

The team was supervised during the operation by the Lt. Col. Stacy Maxey, an Air Mobility liaison officer who was quite pleased with his students' performance.

"It has been really good training all the way around," Maxey said. "It's been a real pleasure to work with Soldiers from 2SCR."

Maxey stressed the importance of these types of operations to the overall mission in Afghanistan.

"These are the kind of operations that are allowing the warfighter to conduct combat sustainment and support operations in a wide variety of environments," he said. "From this environment to a winter environment, it is these capabilities that give our warfighters the edge they need when times are tough."

At the end of the day the mission was declared a success, with two smooth landings and four cargo drops. This capability will allow the Afghan national security forces and their coalition allies better access to needed logistical support.

Dragoons reflect personal, professional diversity

by **Sgt. Jerry Wilson**
2SCR Public Affairs

ZABUL, Afghanistan — During a recent visit to Forward Operating Base Lagman, Lt. Gen. David Rodriguez, commander, International Security Assistance Force Joint Command and deputy commander of the United States Forces Afghanistan, honored two women from the 2nd Stryker Cavalry Regiment for very different reasons.

One was honored for her outstanding job performance and the other was congratulated in achieving a much more personal victory.

Staff Sgt. Karla Gonzalez was awarded the general's personal coin for recently becoming a U.S. citizen after nearly six years in the service.

Currently, there are more than 65,000 foreign-born individuals serving in the U.S. armed forces. The 2nd Stryker Cavalry Regiment currently has 147 noncitizens within its ranks. This includes naturalized citizens as well as non-citizens. According to recent statistics, 9.5 percent of these Soldiers were born in Mexico.

Gonzalez was born in Mexicali-Baja, Mexico. Her family moved to Santa Ana, Calif., during her formative years. At the age of 10, Gonzalez was no fan of her new homeland.

"I hated it in the states at first because of the language barrier," she said. "I didn't know the language so I just wanted to go back to Mexico." Gradually, however, she grew to love her new surroundings. By the eighth grade she had learned English and began making new friends. It was in high school that she began to cultivate her desire to join the service.

After receiving her residency card, Gonzalez began talking to recruiters from both the Air Force and the Army but in the end it was the caring nature of the Army recruiters that won her over.

"They were always there for me," she said. "They helped make sure my kids and I were



Lt. Gen. David Rodriguez (right) stops for a photo with Staff Sgt. Karla Gonzalez. Gonzalez was awarded a personal coin by Rodriguez after becoming a U.S. citizen after six years of military service.

Right: Second Lt. Christine Chang sings for attendees of the Women's Equality Day Luncheon, Aug. 26.

always taken care of."

In an effort to pass on that caring to others, Gonzalez became a human resource specialist and said it is the perfect job for her.

Gonzalez is now in the middle of her second deployment with 2SCR and is serving as the adjutant to the regimental commander.

Also recognized during Rodriguez's visit was 2nd Lt. Christine Chang, who was awarded an Impact Army Commendation Medal for her outstanding performance as the regimental comptroller.

Chang is not only a highly professional officer but also a talented performer.



Her vocal prowess was demonstrated, Aug. 26, as a special solo vocalist at the Women's Equality Luncheon held by 2SCR at FOB Lagman in commemoration of the signing of the 19th Amendment, which gave women the right to vote.

More than 74,000 women currently serve in the U.S. Army. This is merely a fraction of the 208,829 female service members serving in all the armed forces.

It is people like Chang and Gonzalez that truly epitomize the cultural diversity that not only makes up the 2SCR but the very fabric of what we call the United States of America.

War Eagles spread good will by making local purchases

Story and photo by
Staff Sgt. John Wollaston
2SCR Public Affairs

TARIN KOWT, Afghanistan — For most people, a trip to the store to buy a few needed items falls into one of two categories. It's a routine act that requires little thought because such an event is so commonplace in our everyday lives. Or it falls under the "why did she wait till the middle of the football game to need these things doesn't she know it's the play-offs" point of view.

Now imagine that trip to the corner store for a few items on your list were in Afghanistan. Suddenly, the oh-so-routine trip is a major operation.

Soldiers from 1st Squadron, 2nd Cavalry Regiment, stationed at Multinational Base Tarin Kowt, recently made a foray into the base's namesake town with a list of items to purchase. The mission was two-fold. The War Eagles wanted to buy some much-needed items as well as show the merchants and residents of Tarin Kowt that they are here for more than just combat operations.

"We showed the population that we care enough to come to them and shop directly on their economy," said 1st Lt. Mark Melchi. "And, more importantly, we did it without fear and with the ANP showing that they are securing us and not the other way around."

Soldiers that participated in the squadron shopping spree rode into town in their Strykers but as soon as they hit the ground, up went the ramps and away went the vehicles leaving the Soldiers on foot walking from store to store. Melchi said at first the locals were slightly wary of the Soldiers' presence in the market area, but warmed up quickly once the shopkeepers realized they were there to spend.

"When we entered our first shop locals quickly try to gather to see our purpose of our patrol," Melchi said describing the beginning of their shopping odyssey. "As we started



Soldiers from 1st Squadron, 2nd Stryker Cavalry Regiment, talk with a local shop keeper in Tarin Kowt, Afghanistan. The War Eagles used the opportunity to not only help the economy with their purchases, but get out and engage the local population as well.

to purchase our list, locals quickly realized that we here to shop and support the local economy, instantly locals' posture turned form curious to excited."

The visit to town also afforded Soldiers a chance to gauge the level of interest and sentiment about the upcoming elections scheduled for the middle of September. The troopers asked if the townsfolk aware of the upcoming elections (they were) and how they felt about voting (overall they were excited).

Melchi said the locals were very receptive and constantly tried to approach the Soldiers in a friendly manner. In turn, the Soldiers handed out pencils and coloring books to local children, which caused them to follow the Soldiers for the entire trip hoping for more goodies.

The War Eagles also had

high praise for the Afghan National Police on patrol during their shopping spree. The ANP were constantly checking unattended motorcycles and parked cars in the areas where the Soldiers headed to ensure there were no surprises from insurgents waiting for them.

After a little over two hours in the market, the Soldiers, looking like they just returned from a Black Friday sale, loaded up in their Strykers and headed back to base. Not only were the Soldiers happy with what they'd purchased, they were more than pleased with the effect it had on the locals as well.

"The low presence of force and no heavy vehicles in tow made a great impression to the local population," Melchi said after they returned. "And it made great strides in changing their views of Americans in the area as well."

Female drill sergeants walk path to respect

Story and photo by
Vince Little
Army News Service

FORT BENNING, Ga. — Sgt. 1st Class Malease Cross is nearing 20 years in the military and the mother of three teenage daughters. Staff Sgt. Mary Nelson has deployed twice to Iraq, while Staff Sgt. Maria Nanita, who's been to Afghanistan, felt her Army career was in a rut.

The three women are reservists from Birmingham, Ala., assigned to B Company, 1st Battalion, 378th Infantry Regiment, a basic combat training unit for the 192nd Infantry Brigade. They're also the only female drill sergeants on Sand Hill.

Company leaders said they go on the same runs and ruck-sack marches as the men. The 3 a.m. wakeups and 18-hour workdays are no different, either. And after arriving on Fort Benning this past spring with the rest of the battalion, they earned the respect of peers and Soldiers alike.

"They hold their own, same as the male drill sergeants," said 1st Sgt. Ricardo Polk,

B Company's first sergeant. "They're very professional dealing with the privates, well-versed in what they do. They continue to impress me all the time."

Among the trio, Nelson — a member of the Army for eight years, including seven on active duty — has been a drill sergeant the longest, finishing the school at Fort Jackson, S.C., in June 2009. Cross and Nanita first put on their hats in February.

Being a woman in such a male-dominated profession has the occasional challenge, they said. However, there's no distinction when it comes to interaction with trainees, all of whom are male.

"In the transition from civilian to military, the respect factor is there," Nanita said. "It's a shock for them whether it's a male drill or a female drill. You have to establish it early: 'I'm the drill sergeant, you're the private. I'm not your mom, girlfriend or wife.'"

"You may have one who might disrespect you when they first show up, but you've got to nip it in the bud ... You definitely have to let them



Staff Sgt. Maria Nanita, left, Staff Sgt. Mary Nelson and Sgt. 1st Class Malease Cross are the only female drill sergeants on Fort Benning's Sand Hill.

know, 'I'm here to teach something you don't know, and while you're here, you will respect me.' And it goes both ways."

Parameters are set up during in-processing to avoid awkward situations, too. For instance, the women aren't allowed in company bays during shower or personal time, and the male Soldiers can't walk

around in just a towel if the female drill sergeants are in the living areas.

"We let them know the dos and don'ts right away," Cross said.

While the unit's internal dynamics are the same, Nelson said some active duty drill sergeants across Sand Hill seemed a little skeptical at first about working with female

counterparts.

"But we're not your average female group, so I think we all mesh well together," she said.

In basic training, Soldiers are divided into four categories for morning PT. Cross runs with the A group.

"I'm always pushing myself to be better," she said. "As a female, you have to push yourself a little farther — on ruck marches, runs and physical activities — so the privates will say, 'If she can do it, I can, too.'"

Cross, a senior drill sergeant who spent a dozen years on active duty, said she joined the Army Reserve to spend more time with her family. After being promoted to sergeant first class, she was offered the position of drill sergeant.

"I've always loved training Soldiers," she said. "This is just another form of training and leading Soldiers, in a different capacity ... It's all about mentorship, guiding and being a role model."

Nanita said she'd been in the Army Reserve about six years but thought her military career needed a boost. A for-

mer sergeant major urged her to become a drill sergeant.

She and Nelson both have a child at home, and they said the job has many similarities to parenthood.

"It's a very rewarding job and can be very demanding," Nanita said. "You're a caretaker; we make sure the Soldiers are OK. We're with them from the time they wake up till they go to sleep at night, and everything in between."

"The only differences: With a child, you're teaching them how to survive in the real world; here, we teach them how to survive in combat."

Polk conceded he was among the skeptics upon learning there'd be women serving under him as drill sergeants, but they erased his reservations almost immediately, he said.

"They took charge and moved on," Polk said. "They've been a real asset to my unit. It makes me proud to know we're the only unit at Fort Benning with female drill sergeants, and they're just as strong as my male drill sergeants."

Editor's Note: Vince Little writes for The Bayonet.

Army reviews female-only ACUs

by Alexandra Hemmerly-Brown
Army News Service

WASHINGTON — Female Soldiers may be wearing a more form-fitting version of the Army Combat Uniform featuring more room in the hips and legs by 2014, according to developers at Program Executive Office Soldier.

PEO Soldier, which develops and tests new equipment for the Army, has been interested in creating a version of the ACU more suited to a woman's body since 2005. After listening to focus groups of female Soldiers in 2008, PEO Soldier learned some features of the ACU bother women: over-sized shoulder seams, baggy overall shape, and its non curve-friendly fit.

"Women have so many different shapes and sizes, we're as not as 'straight' as men are," said Maj. Sequana Robinson, assistant product manager for uniforms at PEO Soldier, who is currently testing one of the female-only ACUs.

Robinson admitted that when she first heard of the new test uniform, she doubted the need for a female fit.

"Once I put the uniform on, I immediately loved it," she said. "The first thing I did when I tried on the uniform was to lift my knees up and squat because I don't want something hugging or showing the contour of my body ... it has even more room than I thought."

Changes being evaluated in PEO's re-

designed uniform include 13 sizes in both the jacket and trousers, an elastic waistband, a more spacious hip area, a shortened crotch length, a more tailored jacket, and repositioned rank and name tapes.

About 500 women were measured to determine needed adjustments, and 600 female Soldiers are slotted to receive the uniform for a user evaluation starting in January 2011, explained Kelly Fratelli, the project engineer responsible for the women's ACU.

Once the uniform has been evaluated, it will need to be approved by the Army Uniform Board before being issued to troops.

Martin Fadden, a uniforms assistant product manager at PEO Soldier said women in the Army are sometimes hesitant to complain because they don't want to stand out or be seen as different.

"Female Soldiers just want to blend in," Fadden said, but noted that he thinks the uniform will be a hit. "I think, based on what we've seen the new uniform will improve morale."

Robinson agreed.

"I think the initial reaction to it would be 'we don't need it,' but once you try it on you'll see it makes a world of difference," she said. "I think that all female Soldiers will be very pleased and proud to wear this uniform." For more information on sexual harassment and assault prevention or to get help, call your sexual assault response coordinator.



Courtesy photo

The women's Army Combat Uniform, shown here, features more room in the hips and legs, re-positioned rank and nametapes, and a more tailored jacket to better accommodate a woman's shape.



An Afghan soldier and recent graduate of the Explosives Search Recognition Course held by coalition forces proudly displays his diploma during a graduation ceremony at Forward Operating Base Eagle.

Afghan army graduates EOD class

Story and photo by
Sgt. Jerry Wilson
2SCR Public Affairs

ZABUL, Afghanistan — Members of the 2nd Brigade 205th Afghan National Army and their partners from Combined Team Zabul gathered at Forward Operating Base Eagle, Aug. 28, to celebrate the graduation of 24 ANA soldiers from the first Explosives Search and Recognition Course.

The two-week course is designed to teach students to recognize a variety of improvised explosive devices commonly used by insurgent forces in and around Zabul Province.

During their training, students were taught the effects of explosives and safe handling practices, the use and maintenance of metal detection systems, search techniques as well as unexploded ordnance training and improvised explosive devices recognition.

"We taught them IED component recognition like pressure plates and command

wires," said Air Force Staff Sgt. Mark Hajouk, one of the class instructors. "We also showed them different types of UXO projectiles like hand grenades and land mines so if they encountered them in the field they would be able to coordinate with their local EOD unit."

Hajouk said most of his students very eager to learn.

"They were all very accepting of this training," he said. "They were all born in Afghanistan and their families are here. So they are impacted daily by UXOs and IEDs. So they want to do their part to try and defeat the problem."

Each graduate was commended for his professionalism while studying this important topic. Recognition and the defeat of IEDs is an important tool in the Afghan national security forces fight against the Taliban and insurgent criminals. Well-trained Soldiers like these emphasize the Afghan government's commitment to the people for a safe and stable homeland.

Coalition forces give the gift of good health



The Medical Engagement Team poses for a photo with some of the children they treated during their recent clinic in Masruf, Afghanistan.

Story and photo by
Sgt. Jerry Wilson
2SCR Public Affairs

ZABUL, Afghanistan — Afghan national security forces with support from their coalition counterparts recently brought the gift of good health to the people of the Maruf District.

For the first time in two years, the government of the Islamic Republic of Afghanistan sponsored a combined medical engagement at the Maruf District Center in the Kandahar Province. The CME provided basic health care to the local citizens.

The event was also held to promote the new health clinic that is slated to open

in the district center later this fall. Afghan national police and border patrol worked as translators and assisted coalition medics in serving their patients.

Despite Ramadan activities, many of the patients seen that day travelled more than 15 kilometers from as far as the Maruf/Wam Valley. At the end of the more than 100 patients many women and children were treated by the medical staff.

"This was a fine example for the citizens of Maruf," said a spokesman for the event. "It really stresses to them that the district government really cares about them and is doing everything it can to provide for the needs of the people."

'Ask, Care, Escort' can save lives

by James W. Cartwright

U.S. Army Public Health Command (Provisional)

Sgt. Dan Smith is a 25-year-old active duty Soldier. He was in his third month of a second deployment. This deployment triggered terrible memories from his first deployment.

Until recently, he had been able to cope. Then, while on patrol, the unit was attacked by insurgents and Smith failed to return fire. In an instant, two guys in his unit were gunned down by the insurgents.

When Smith returned to the safety of the rear area, he began to think obsessively about the incident. He could not justify why his fellow Soldiers were killed and he was still alive. He was feeling extremely guilty.

Later that day, Smith was talking about the incident with his battle buddy, Sgt. Mullins.

"I should have died with my friends," Smith said.

As a very alert friend, Mullins asked Smith what he meant.

Smith explained that he could not understand how he had survived the firefight. He shared terrible feelings of guilt regarding his failure to fire his weapon. He wondered if his failure to fire back at the enemy caused the death of his fellow Soldiers. He revealed that the incident brought back painful memories of battle buddies lost during his first deployment.

Mullins listened to Smith for what seemed like a long time and then said, "Hey, I was in that firefight, too. I don't think we could have done anything to save those guys."

Recalling his suicide intervention training on ACE, Mullins gathered his courage and asked Smith if he was thinking about killing himself. Smith hesitated for a moment and then said, "No, but I can't stop thinking that I should have died with the others."

Shoulder to Shoulder

I WILL NEVER QUIT ON LIFE



Prevent Army Suicides
Reach Out ★ Talk ★ Listen

Talk to your Chain of Command, Chaplain, or Behavioral Health Professional
or call the National Suicide Prevention Lifeline. 1-800-273-TALK (8255)

www.suicidepreventionlifeline.org www.militaryonesource.com

www.preventsuicide.army.mil

Courtesy graphic

Mullins was concerned about that answer and because he really cared about Smith, he suggested that Smith speak to the chaplain.

"The chaplain will help you make some sense out of this," he said. "Come on, I'll go with you to the chaplain's office. I need my old battle buddy back."

Smith agreed to see the chaplain. After a few sessions, he was feeling much better. He continued to mourn for his lost buddies; however, he no longer felt guilty.

This fictionalized story had a

very satisfying ending: Smith was fortunate to have a battle buddy who cared enough to get involved. Mullins heard Smith's unusual comment. It caught his attention enough to alert him to implement his ACE ("Ask, Care, Escort") training, to the ultimate benefit of his friend. Mullins decided he had to get involved, and his decision to use ACE may have saved Smith's life.

Unfortunately, not all situations have a positive outcome like the story above. Far too often, Soldiers fail to intervene because they do

not want to intrude into a buddy's privacy. Sometimes Soldiers just lack the courage or confidence to get involved. The Army needs Soldiers to be involved and intervene when a buddy appears to be struggling with a problem. Suicide in the Army has become a matter of great concern. In order to stop suicides, Soldiers must be more vigilant and willing act on their ACE training.

A key element of suicide prevention is for Soldiers to recognize when a fellow Soldier may be at risk for suicide, ask about it, and assist the Soldier who is thinking about suicide to get specialized help. The assumption is that Soldiers know each other best, and understand and relate to common experiences.

The Army ACE acronym is used to reinforce the basic concepts needed by a battle buddy in order to help a suicidal Soldier.

Ask your buddy about his or her suicidal thoughts.

Care for your battle buddy by understanding that your battle buddy may be in pain.

Escort your battle buddy immediately to your chain of command, chaplain or behavioral health professional.

The Army has developed an easy to learn ACE intervention training program. ACE training can play a role in the unit's resolve to help prevent suicide. A unit member's suicide negatively affects unit cohesion. A suicide can demoralize and seriously disrupt the unit's ability to sustain its mission. Given this perspective, Soldiers and leaders have a vested interest in helping buddies who are thinking of suicide. If all Soldiers develop awareness and intervention skills at the individual level, they become a competent and confident force for preservation of life within the unit.

Editor's Note: James W. Cartwright is a social worker with the U.S. Army Public Health Command (Provisional).

Patient Advocates

We're Looking
Out For You

Did you know that if you have a problem before, during or after your visit to an Army health clinic you can contact a patient advocate?

The patient advocate will assess the situation and ensure you get the care and treatment you deserve.

During the next few months, the Bavarian News will feature each of the 15 patient advocates in the Bavaria footprint.

To speak with a patient advocate directly, contact your local health clinic.

Hohenfels Patient Advocates



Name:
Thomas Chick

Clinic:
USAHC Hohenfels

Hometown:
Amarillo, Texas

Position at the clinic: Office Manager

How long have you been there:
I've been working at the clinic for about four months.

What do you enjoy most about your job: I enjoy working with our professional team members to ensure our patients receive world-class health care.

What is the one thing patients should know about their health care: I think people should practice prevention, screenings and healthy living.

Why should patients come to see you:
Patients can come to see me for any reason, whether it's about a complaint, a compliment or an idea.

How can I reach you? You can reach me at DSN 466-2738, by asking for me at the front desk or by e-mailing me at hohenfelspatientadvocate@amedd.army.mil.

• • • • •



Name:
Maj. Jimmie Tolvert

Clinic:
USAHC Hohenfels

Hometown:
Columbus, Ga.

Position at the clinic: Chief Nurse

How long have you been there: I've been at the clinic for six months.

What do you enjoy most about your job: I enjoy working with the current staff and assisting patients with their health care.

What is the one thing patients should know about their health care: Patients need to realize that for me to be able to advocate for them, they must accept the responsibility for their own health care.

Why should patients come to see you:
If a patient has an issue or question they need resolved, they can contact me.

How can I reach you? Please ask for me at the front desk, call me at DSN 466-3117 or e-mail me at hohenfelspatientadvocate@amedd.army.mil.

ACE Program wins national recognition

by Jane Gervasoni

U.S. Army Public Health Command (Provisional)

The Army ACE Suicide Intervention Training Program, developed by U.S. Army Public Health Command (Provisional) behavioral health experts, was evaluated by a panel of suicide prevention experts and is now listed in the Suicide Prevention Resource Center and American Foundation Best Practice Registry for Suicide Prevention.

The best practices registry is an independent organization supported by a grant from the Substance Abuse and Mental Health Services Administration, U.S. Department of Health and Human Services. Three suicide prevention experts reviewed the ACE suicide intervention program and found that it met standards of accuracy, safety, adherence to prevention program guidelines and likelihood of meeting the goals and objectives of the National Strategy for Suicide Prevention.

ACE was created in response to an Army leadership request to develop a Soldier-specific suicide intervention skills training support package for Armywide distribution, according to James Cartwright, social worker with the USAPHC (Prov.) Directorate of Health Promo-

tion and Wellness.

The program is based on research literature and has undergone a process of testing and revision that included focus group interviews and pilot testing to determine training utility and feasibility. ACE has been reviewed by Army Medical Command personnel and Army G-1, the Army's proponent for suicide training, for applicability and was approved for Army-wide training by the Army Task Force on Suicide Prevention, Cartwright said.

ACE is a four-hour training that provides Soldiers with the awareness, knowledge and skills necessary to intervene with those at risk for suicide. It includes suicide awareness, warning signs, risk factors and intervention skills development.

ACE stands for "Ask, Care and Escort." It encourages Soldiers to directly and honestly question any battle buddy who exhibits suicidal behavior. The Soldier should ask the battle buddy whether he or she is suicidal, care for the battle buddy and escort the battle buddy to the source of professional help, Cartwright explained.

"This training helps Soldiers and others who have taken it to be aware of warning signs exhibited by a battle buddy who is hurting and ... in-

tervene before a suicidal crisis," according to Lt. Col. Scott Weichl, USAPHC (Prov.) chaplain.

ACE program materials include a trainer's manual, PowerPoint slides with embedded video messages, suicide prevention tip cards listing risk factors and warning signs for suicide, and ACE wallet cards (with simple directions for identifying and intervening with those at risk).

Cartwright explained that the material is easily taught, and all Soldiers are encouraged to receive the training. He said that part of the training is a role-playing exercise that provides participants a chance to practice the intervention skills they learn in the training. The role-playing requires Soldiers to imagine that they are in a suicidal situation, and they have to use their skills to save a life.

"Get involved! Don't let your battle buddy die by suicide," Weichl said as he stressed the importance of the training.

ACE cards and other suicide training materials are available to units through the USAPHC (Prov) online shopping cart at <http://phc.amedd.army.mil/home/>. Links to AKO-based training also are available on the site.

Editor's Note: Jane Gervasoni is a public affairs specialist with the U.S. Army Public Health Command (Provisional).

Tricare Program is working for beneficiaries

by Tricare Management

*Agency
News Release*

The month of September is your Health Care Benefits Awareness Month. It is important for you and your family to have the best health possible. We would like to focus on four important facets of your health:

Tricare covers most inpatient and outpatient care that is medically necessary and considered proven. Equally important to primary care is preventive health care, which can help you live a healthier, longer life. As a Tricare beneficiary

you are eligible for a range of clinical preventive services, including examinations, immunizations and periodic screenings based on your age, health history and family history. Coverage varies for Prime and Standard beneficiaries – so it is best to double check your specific benefit.

Comprehensive health promotion and disease preventive examinations: One comprehensive disease preventive clinical evaluation should be accomplished for ages 24 months and older during the following age intervals: 2-4; 5-11; 12-17; 18-39; 40-64.

See PREVENTION, page 23

Mental health should be treated like physical well-being

by Tricare Management
*Agency
News Release*

In addition to physical well-being, it is important to also focus on our mental well-being. There is much in the news lately on suicide prevention, Traumatic Brain Injury (TBI), Mild Traumatic Brain Injury (MTBI) and Post Traumatic Stress Disorder (PTSD) all of which has

a special impact on our military families. TBI and MTBI occur when the head is struck or shaken violently such as with a fall or an explosion or blast. PTSD occurs when someone experiences a life-threatening or horrific situation. One may not have experienced any specific change in life circumstance, but may still experience depression, anxiety or phobias.

Sadness, loneliness, feelings of being overwhelmed or out-of-control, sleeping too much or too little, feeling angry or irritable or just numb or any change in personality are just a few of the symptoms that

See PROGRAM, page 23

What's Happening

Grafenwoehr/ Vilseck Briefs

Estate Claims

Anyone having claims on or obligations to the estate of 1st Lt. Robert Bennedsen of 2nd Squadron, 2nd Stryker Cavalry Regiment; Paul Cazzupe of G Company, 3rd Squadron, 2nd Stryker Cavalry Regiment; or Pfc. John Andrade of I Company, 3rd Squadron, 2nd Stryker Cavalry Regiment, should contact the summary court martial officer, Capt. Christopher Haag, at DSN 476-5391, CIV 016090278066 or e-mail: chris.haag@eur.army.mil.

For claims on or obligations to the estates of Staff Sgt. Marc A. Arizmendez, Spc. Roger Lee, or Pfc. Michael S. Pridham, 1st Bn., 4th Inf. Regt., contact the assigned summary court officer.: Arizmendez: 1st Lt. Leon Perry, DSN 520-5463; Lee: 2nd Lt. Zachary McLain, DSN 520-5282; Pridham: 2nd Lt. Bruce Rosenbloom, DSN 520-5413.

For claims on or obligations to the estate of Staff Sergeant Derek J. Farley of 702nd EOD, 18th CSSB, contact the summary court martial officer, 2nd Lt. Samuel D. Stahlmann, DSN 475-9140, cell 015204034792, or e-mail at samuel.stahlmann@eur.army.mil.

Jazz Tour for our Troops

Sept 18: Army Entertainment and Navy Entertainment in partnership with AFN present the Smooth Grooves Tour, a Jazz Tour for our Troops featuring: Yancy, Paula Atherton, Karen Briggs and The Straight Ahead Band. Performance will be at the Grafenwoehr Performing Arts Center at 8 p.m. Free Admission.

Get fit, don't quit

The IMCOM Europe Region Fitness Day, Sept 18, from 10 a.m.-4 p.m. will be a day filled with action and information, fitness assessments & classes, facility orientation, nutrition information, the Army Suicide Prevention Awareness 2-mile "Run/Walk for Life" and more.

Participate in an activity/service on this day and receive 10 percent off your next purchase at USAG Grafenwoehr Sports & Fitness. Child care will be provided by Netzberg CDC.

For more, DSN 475-8207.

CFC Overseas Kick Off

The Grafenwoehr Military Community kicks off its 2010 Combined Federal Campaign Sept. 23 at Rose Barracks, Building 134 at the end of the Community Huddle at approximately 12:30 p.m.

Join the community with a cake cutting to celebrate the start of this annual fund raising event.

Force Protection Exercise

USAG Grafenwoehr will conduct its annual force protection exercise, "Charging Boar," Sept. 25, on Rose Barracks, to rehearse U.S. and host nation response to an incident, whether natural or the result of terrorism. There may be extended garrison entry waiting times as well as possible delays and detours on the installation during the exercise.

Please restrict or avoid travel within the Rose Barracks installation that Saturday, from early morning to early evening, if possible.

Hispanic Heritage Event

The JMTC Equal Opportunity Advisor (EOA), is coordinating the Grafenwoehr Military Community's Hispanic Heritage Celebration on Sept. 25 at the Main Post Field House beginning at noon. This is a community event lead by the JMTC EOA.

Thrift Shop closing

The Grafenwoehr Community Spouses Club (GCSC) will close the Grafenwoehr Thrift Shop effective Sept. 30. GCSC has operated the Thrift Shop as a community Service.

The Thrift Shop requires a tremendous amount of volunteer support that the community has not been able to fulfill. After a year of struggling to keep the store staffed, we regret that we are forced to close.

Consignments and donations will no longer be accepted. The Vilseck Hidden Treasures Thrift Shop will remain open for the community.

Disaster kits distribution

The Red Cross wants you to be prepared in the face of disaster! 1,500 free disaster kits will be distributed to active duty Soldiers and their families, DOD civilians, and retired military personnel on Oct. 2, from 10 a.m.-3 p.m., at the Graf Field House. Kits include weather radios, pocket tools, first aid kits, water bags, flashlights and much more. Temporary volunteers are needed to help with the event. For more information, or to volunteer for this event, call DSN 476-1760, CIV 09641-83-1760.

Retiree Appreciation Day

All U.S. military retirees are invited to attend Retiree Appreciation Day at U.S. Army Garrison Grafenwoehr Oct. 22 from 7:30 a.m.-3 p.m. at Bldg. 244, just inside Gate 3. Registration begins at 7:30 a.m. at Bldg. 244. The health clinic (immunizations, screenings, and information only, no medical appointments

this year) and dental clinics (exams and cleanings only, no fillings) begin providing services at 7:30 a.m. The opening ceremony starts at 9 a.m. in Bldg. 244 where the information booths are also located. Assistance available ranges from records updates and health services, to benefits, voting, and legal assistance. Lunch is available at the DFAC from 11:30 a.m.-1 p.m. For more information regarding Retiree Appreciation Day, contact the USAG Grafenwoehr Retirement Service Office at DSN 475-8539, civilian 09641-838539 or e-mail imae-graf.rso@eur.army.mil.

Use it or lose it, retirees

You spoke, and we listened. In an effort to improve customer service, DFAS Retired and Annuitant Pay is testing a new toll-free phone number for military retirees and annuitants in Germany. The toll-free phone number is 0800-5891634. Contact Center hours are 7 a.m. to 7:30 p.m. Eastern time, which is 1 p.m. to 1:30 a.m. in Germany.

This three-month test will measure use, customer satisfaction and cost effectiveness. If the trial is successful, we plan to continue providing the toll-free number in Germany and possibly expand the service to other regions.

Holiday shout-outs

The Holiday Greetings team is once again coming to post exchanges. They will be at Rose Barracks Oct. 2, 11 a.m.-5 p.m. and USAG Grafenwoehr Oct. 4 from noon- 5 p.m.

Military members are required to be in uniform for the greeting and may bring part of the uniform to "appear" uniformed. To best serve and make the process easier, customers need to provide city, state and phone number, along with the recipients' names so the Holiday Greetings team will know where to send the greetings.

Hohenfels Briefs

German Conversation Club

Every Wednesday: Meet at the library from 4:30-5:30 p.m. to meet new members of the community and to brush up on your German. Call DSN 466-1740 for more information.

Health and Safety Fair

Sept. 17: Get information on comprehensive fitness, Sept. 17, between 9 a.m. and 4 p.m., at the Post Gym. Stop by this free event and get valuable information on programs and services within the Hohenfels community. Contact Family and MWR Sports and Fitness at DSN 466-2726 or dlmwrhoenfelssports@eur.army.mil.

Bunco

Sept. 17: Drop off the kids at Parents' Night Out and have a night of Bunco fun at the Zone. Win great prizes, meet new friends and sample great food and beverage specials. The cost is \$10 per person which includes a light buffet. The doors will open at 5:30 p.m., and the game will start at 6:30 p.m. Registration is recommended. Prizes will be given for most losses, most wins and most bunco. Sign up online at <https://webtrac.mwr.army.mil/sites/eu.html> or call DSN 466-4611.

Texas Hold'em

Sept. 17: Go all in at this month's Texas Hold'em night at the Zone. The registration fee is \$25 and will include a light buffet. Registration is recommended. All customers can register at Outdoor Recreation, Bldg. H15 or online at <https://webtrac.mwr.army.mil/sites/eu.html>. Doors will open at the Zone at 5:30 p.m. and the game will begin at 6:30 p.m. There will be unlimited rebuys until 9:30 p.m. For more, call DSN 466-4611.

Family team building returns

Sept. 20-22: Army Family Team Building Level One returns to Hohenfels. Whether you're a new or experienced spouse, AFTB has something for you. From understanding a Leave and Earnings Statement to a recipe for a richer life, AFTB touches on every aspect of your life. ACS is offering each part of Level One twice a day, so you can take it when it is most convenient, either in the morning from 9 a.m. to noon or in the evening 5-8 p.m. Call Kristen Lewis at DSN 466-4088/4860 to register or get

Fall Bowling league meeting

Sept. 21: The fall bowling league meeting will be at 6 p.m. at the bowling center. If you are interested in participating in this league, get all your questions answered here. The fall league start date is Oct. 5.

Agent recruit briefing

Sept. 23: The Hohenfels Field Office will conduct a Counterintelligence Agent recruiting briefing for those interested in being considered for reclassification to MOS 35L (Counterintelligence Agent). The target audience is Soldiers from E-4 to E-6; however, all interested Soldiers are welcome to attend. Unit retention officers are encouraged to attend. The briefing will take place from 11 a.m. to noon at the Education Center, Bldg. 348, Room 3.

For more information, call a special agent at Hohenfels Field Office, 66th Military Intelligence Brigade, at DSN 466-4781/3636.

Stable Call, Family Call

Sept. 24: Stable Call will be held in front of the Post Gym during the Hohenfels Community Bazaar at 4 p.m. At 4:30 p.m. families are invited to join for Family Call with a keg tapping in celebration of the Bazaar's opening day.

Stop by and shop the dozens of vendors offering everything from antique furniture and rugs to wine, gourmet cheese and pottery. The purpose of Stable Call is to give Soldiers, civilian employees and their families an opportunity to get together once a month for an evening of camaraderie.

Safety Seat Inspections

Sept. 25: Parents come and have your children's safety seats inspected right in your car. Quickly learn how to install them properly so that your family is protected. This important event will run from noon to 4 p.m. in the Medical Clinic parking lot. For more information, call Tricia Scott, Family Advocacy Program specialist, at DSN 466-4908.

Okttoberfest in Munich

Sept. 25: Take a trip to the original Oktoberfest in Munich. Cost is \$35 per person. Bus will depart Hohenfels from ODR, Bldg. H15, at 8 a.m. and will return at 1 a.m. Price includes transportation to and from Oktoberfest. Seating is limited to the first 50 people.

Call to reserve your seats today. For more information, call DSN 466-2060.

Family Trip to Legoland

Sept. 25: The whole family is invited for a day of fun at Legoland theme park. Transportation is provided by Child and Youth School Services, so you and your

family can just sit back and enjoy the ride. Bus will depart Hohenfels at 7 a.m. and will return at 7 p.m.

Bring along your own car seat. The cost is \$30 for adults and \$25 for children ages 3-16. The deadline to sign up is Sept. 21. You must be registered with CYSS to participate. Call DSN 466-2078.

Garmisch Briefs

Get Fit-Don't Quit

Sept. 18, noon-6 p.m. Fun fitness day at Mueller Fitness Center on Sheridan Kaserne. Classes, cooking demonstrations and more. Contact MFC at DSN 440-2747, CIV 08821-750-2747.

Tops In Blue

Sept. 21 at 7:30 p.m.: Free concert by at the Kurpark in Grainau. Tops In Blue is an all active duty U.S. Air Force special unit made up of talented amateur performers selected for their entertainment abilities. The enormous popularity of the group has also made them America's goodwill ambassadors around the globe.

Vehicle Load Training

Sept. 29: Garmisch will hold a vehicle load training class from 9-11:30 a.m. in English and 1-3:30 p.m. in German. Open to all drivers military or civilian. Contact the Safety Office at DSN 440-3595, CIV 08821-750-3595 for more information.

Top Chef Garda

Oct. 8-11: Three nights over Columbus Day weekend on the lakeshore in beautiful Torri del Benaco with two days of cooking classes in a villa overlooking the lake plus wine tasting. Monday is market day — we head home stocking up on goodies and visit some vineyards on the South Tyrol Wine Road. A foodie extravaganza! Departs 5 p.m. Cost: \$575.

Munich and the Third Reich

Oct. 22 & 24: After an overview on Friday, on Sunday meet at the bahnhof just prior to the 8 a.m. train to Munich where we recreate the Bier Hall Putsch as it happened in 1923, visit the site of the Munich Accords and explore other places associated with the Nazi movement. This is an extremely interesting tour, somewhat like examining an urban battlefield. Lots of walking all day — wear comfortable shoes. Cost: \$35.

ACS Classes and Gatherings

Sept. 21, 8 a.m.-5 p.m: Army Family

Community Spotlight

What's Happening

Garmisch (Continued)

Team Building Level 1, "Boot Camp for Spouses"

Sept. 24, 9 a.m.-noon: German Customs and Culture Class, includes a visit to the farmer's market.

Monday

- Money Mondays: 11:30 a.m.-1 p.m.
- Fundamentals of English: 1-2:30 p.m.
- Guess Gott Garmisch Group meets at 9:30 a.m. the first Monday of the month at the Pete Burke Center.

Tuesday

- Playgroup: 10-11:30 a.m. at the Garmisch Chapel
- Conversational German: 9:30-11 a.m.
- Wednesday
- Working Wednesdays: 1-2:30 p.m.
- Thursday
- Stroller Walk: 1030-1130 Meet at ACS
- Stress and Anger Management Class every second Thursday from noon-1 p.m.

Unless noted all ACS activities take place or meet at the Garmisch ACS Center (Artillery Kaserne, Bldg 203). For more information contact your ACS staff at DSN 440-3777, CIV 08821-750-3777, or e-mail them at Garmisch.FMWRacs@eur.army.mil.

Ansbach Briefs

Holiday shout-outs

The Holiday Greetings team is once again coming to USAG Ansbach, Oct. 5.

The planned locations are: outside the Katterbach Fitness Center (between it and the commissary (at the gazebo area; inside if inclement weather)), from 8 a.m.-noon; and on Storck Barracks inside the Longbow Lounge, from 2-5 p.m.

Military members are required to be in uniform for the greeting and can bring part of the uniform to "appear" uniformed.

To best serve and make the process easier, customers need to provide city, state and phone number, along with the recipients' names so they will know where to send the greetings — so customers may want to bring their little black books.

Girl Scouts-Kick-off 2010!!!

All girls in K-12th grade who are

interested in Girl Scouts are welcome to join the Ansbach girls, Oct. 2, from 2-4 p.m., at the Ansbach Elementary School for an afternoon of fun and games to learn what Girl Scouting is all about. Registration fee is \$12.

And, if you are interested to volunteer with Girl Scouts of Ansbach, they are seeking volunteers to share time and talents with the girls in the community.

Girl Scouts is committed to developing girls of courage, character and confidence today to become leaders tomorrow.

If you desire to make a difference in a girl's life contact the Ansbach Girl Scouts today at gsansbach@yahoo.com or call 0176-76-777-695.

Have a ball!

Engineers across Europe are invited to the European Castle Ball, Sept. 24, at the Wuerzburg Castle, to celebrate engineer heritage, partner with allies and to synchronize and integrate engineers across Europe.

The dress for service members is formal military attire and for civilians, formal evening attire or business suit and tie. For more information and tickets, call DSN 314-379-5049, CIV 0620-280-5049.

Lunch program applications

Free and reduced-price school lunch program applications are now available for the 2010-11 school year. The application can be picked up at Army Community Service, any USAG Ansbach Department of Defense Dependents School or from the School Liaison Office's information board across from the community mail room boxes in Bldg. 5817 on Katterbach Kaserne.

Once completed, bring the application, along with a copy of the sponsor's orders, and most recent leave and earning statement, to your local ACS office.

For more information, call DSN 467-2883, CIV 09802-83-2883 in Katterbach or DSN 467-4555, CIV 09841-83-4555 in Illesheim.

German-American Club

The Ansbach German-American club meets monthly at the Gasthaus Kern in Lehrberg, every second Thursday of the month at 6:30 p.m. The next meetings are Oct. 14, Nov. 11 and Dec. 6.

For full details, call CIV 0981-65184.

Health clinic information

The Illesheim Health Clinic will conduct car seat safety checks, Sept. 17, from 1 - 5 p.m., at the post library. For more, call DSN 467-4383.

Also, the clinic will provide free blood pressure checks, Sept. 29, from 1-5 p.m., at the clinic.

Upcoming Classes (Thursdays, 7 p.m.)

Sept 23: Painting Basics

Oct 7: Advanced Bodywork

Open House

Fri, Sept 17: 11 a.m.

Free BBQ

See what we offer!

+ Free for all ID cardholders +



Representatives will be on site to answer questions about health benefits and the medical services available at the clinic.

Katterbach Health Clinic representatives will be at the Ansbach Kinderfest, Sept. 25, from noon-4 p.m. to answer questions about health benefits and the medical services that are available in the community.

Rhine in Flames

Travel to St. Goarhausen, Sept. 18, and hike the vineyards above the historic Loreley. That evening partake in one of the most prominent wine fests in the region and then camp in St. Goar, along the banks of the Rhine River. After breaking camp on Sunday morning, board a ferry and travel up the Rhine from St. Goar to the town of Rudesheim, viewing many castles along the way.

Trip departs Katterbach Outdoor Recreation at 8 a.m. and Storck Barracks at 9 a.m. Cost is \$99 for adults, \$69 for children; cost includes transportation, ferry, boat ride and camping equipment and fees. Contact the Katterbach ODR at DSN 467-3225, CIV 09802-83-3225 for more information.

Oktoberfest

The Oktoberfest in Munich is one of the largest carnivals in the world, visited by more than six million people every year.

Opening hours

■ Beer serving hours: weekdays, 10 a.m.-10:30 p.m.
Sat, Sun and holidays: 9 a.m.-10:30 p.m. Tents close daily at 11:30 p.m. (with two exceptions, the "Kaefer Wiesn-Schaenke" and the "Weinzelt," which are open until 1 a.m.).

Sales booths

■ Mon-Thu: 10 a.m. - 11:30 p.m.; Fri: 10 a.m.-midnight; Sat: 9 a.m.-12 a.m.
■ Sun, holidays: 9 a.m.-11:30 p.m.
■ Carnival and rides: Mon-Thu: 10 a.m.-11:30 p.m.; Fri, Sat: 10 a.m.-midnight; Sun and holidays: 10 a.m.-11:30 p.m.

■ Family days: Every Tue from noon-6 p.m. Discounted rides, entrance and sales prices, and the locals come in traditional outfits!

For more information on the Oktoberfest visit the official website at www.oktoberfest.de/en.

Schweinfurt Briefs

Community and contact info

For more information on the latest news, upcoming events, available services and resources, or to find the right point of contact for your concern, visit us at www.TeamSchweinfurt.com.

50/50 Summer Bowling

The Kessler Bowling Center offers a 50/50 Summer Bowling deal now through Sept. 30. Purchase a \$25 value game card and earn 50 games at 50¢ each. Stop by the Kessler Bowling Center, Bldg. 449 on Kessler Field, now through Sept. 30 and win big! For more, call DSN 354-6332, CIV 09721-96-6332.

SKIES Infant massage

Skies offers two infant massage classes for ages newborn to 12 months old. Group 1 meets Tuesdays, starting Sept. 14, Group 2 meets Wednesdays, starting Sept. 15, each from 10 to 10:30 at the Abrams Entertainment Center. Cost for the five week class is \$35. Space is limited, ask for placement now. For more call DSN 354-6440, CIV 09721-96-6460.

Hired!

The next term of the Hired! apprenticeship program begins today, Sept. 15. Hired! provides 15- to 18-year-old youth with career-exploration opportunities in MWR operations. All participants must be registered with CYSS and meet prerequisites. For more, call DSN 354-6732, CIV 09721-96-6732.

Operation Bombshell

Operation Bombshell, a class taught by Lily Burana, builds resiliency in military couples and singles. Burana teaches classic and romantic dance moves in an easy, accessible way. Students are encouraged to wear workout gear and comfortable shoes to class.

Meet for the Operation Bombshell class with optional participation (for fe-

males only), Sept. 16, either 10 to 11:30 a.m. or 6:30 to 8 p.m., at the Ledward Activity Center or come to the Operation Bombshell community luncheon, Sept. 17. For more, call DSN 354-6933, CIV 09721-96-6933.

IMCOM Europe Fitness Day

USAG Schweinfurt celebrates the IMCOM Europe Fitness Day, themed "Get Fit, Don't Quit," Sept. 18, from 9:15 to 11:30 a.m. at Kessler Fitness Center. Participate in the Aerobathon, an event offering interested community members a chance to try out current fitness classes like spinning, pilates, yoga and aerobics in 15-minute sessions. Free T-shirts and refreshments will be available as well as personal fitness consulting/assessments. So come on out, get fit and don't quit. For more, call DSN 354-6735, CIV 09721-96-6735.

Auto Skills classes

The Auto Skills Center on Conn Barracks offers free fundamental classes on various topics to all ID cardholders, each starting at 7 p.m. The next classes are: Painting Basics, Sept. 23 and Advanced Bodywork, Oct. 7. Not sure yet what to do? See what the Auto Skills Center offers at the open house, Sept. 17, starting at 11 a.m. and enjoy their free barbecue. For more, call DSN 353-8224, CIV 09721-96-8224.

Cold War border trip

Join Outdoor Recreation for a trip to Point Alpha, a former U.S. Army observation post, Sept. 18. The site features a museum dedicated to the plight of citizens under the GDR border regime. The cost of \$10 includes transportation departing from ODR at 9 a.m. and returning there at 5 p.m. Please bring euros for entrance fees. For more, call DSN 353-8080, CIV 09721-96-8080.

BOSS events & trip

The award-winning Better Opportunities for Single Soldiers program offers numerous programs. Come to next bowling night at Kessler Field, Sept. 21 at 6 p.m. or join them for the next BOSS meeting held Sept. 22, starting at 2 p.m. at the Finney Recreation Center, Bldg. 64 on Conn Barracks. These events are free. For more, call DSN 354-8476, CIV 09721-96-8476.

Hispanic American Heritage

Ledward Library celebrates the Hispanic American Heritage Month in September with a free lunch fiesta, Sept. 23, from noon to 1 p.m. For more, call DSN 354-1740, CIV 09721-96-1740.

Engineers' Ball

Engineers across Europe are invited to attend the European Castle Ball scheduled for Sept. 24 at the Wuerzburg Castle to celebrate engineer heritage, to partner with allies, and to synchronize and integrate engineers across Europe. The dress for service members is formal military attire, for civilians formal evening attire or business suit and tie. For more, call DSN 379-5049, CIV 0620-280-5049.

Community yard sale

USAG Schweinfurt hosts a community yard sale, Sept. 25, at the School Age Center on Askren Manor, from 8 a.m. to 2 p.m. Participants may sell directly in front of their quarters or rent a space with a table for \$5 at the central location outside the SAC building. For more, call DSN 354-6974, CIV 09721-96-6974.

Women's volleyball league

All interested ID cardholders age 18 and above can register at Kessler Fitness Center between Sept. 27 and Oct. 12 for women's recreational volleyball league. The first coaches and player's meeting is held Oct. 12 at 6 p.m. and the season starts Oct. 24 with games played on Mondays and Wednesdays at Kessler Fitness Center. For more, call DSN 354-6735, CIV 09721-96-6735.

Library events

Every Wednesday Ledward Library offers: Soldier In-Processing Class at 9:30 a.m.; Children's Story Time & Crafts at 10 a.m.; the Edge Meeting from 3:30 to 5:30 p.m.; and a Zeens for Teens meeting from 5:30 to 6:30 p.m. For more, call DSN 354-1740, CIV 09721-96-1740.

Book club

The Ledward Library invites you to the next meeting of their adult book club, Sept. 29, at 5:15 p.m. The book title is "Monique and the Mango Rains" by Kris Holoway. Coffee, tea and treats will be served. For more, call DSN 354-1740, CIV 09721-96-1740.

European Seminar

The Bavarian State Government sponsors the 29th annual European Seminar, Nov. 17-18, near Bamberg, focusing on security issues of the Trans-Atlantic partnership. The seminar is geared toward field grade officers (but not limited to) and their civilian counterparts stationed in Bavaria. Space is limited and nominees will be selected on a first-come, first-serve basis. For more, call CIV 089-2805583/84 or 0171-3076906.

TRIPPIN' WITH BOSS



EUROPA PARK

SAT. SEPT 11
Depart Finney Rec Ctr @ 6 a.m./Return @ 10 p.m.
Cost per person: \$30 includes transportation & park admission fee
Bring Euros for personal expenses

EXPLORE PRAGUE

Columbus Day Weekend: Sat. Oct 9-Mon. Oct 11
Cost per person: €198 for dbl room or €267 for single room.
Cost includes: transportation; 2 nights lodging with breakfast;
guided city tour & medieval dinner.
Bring Euros for personal expenses.

Oct 9: Depart Finney Rec Ctr @ 6 a.m. & arrive in Prague for tour
8 p.m.: Medieval Dinner
Oct 10: Free Day...do what YOU want!
Oct 11: Depart after breakfast & arrive Finney Rec Ctr @ 7 p.m.
****THIS TRIP REQUIRES A PASSPORT****

More Info/Sign-Up:
USAG Schweinfurt
Finney Rec Center
Conn Barracks, Bldg. 64
09721-96-8476/DSN 353-8476
*Adults only (Single Soldiers have priority); Trips each require minimum 30 people to proceed.

The Middle Ages come alive in Rothenburg ob der Tauber

Story and photos by
Trecia A. Wilson
Staff Writer

Travelers who truly appreciate the medieval time period won't want to miss Rothenburg ob der Tauber.

Rothenburg is one of several towns along the "Romantic Road," a historical trade route which runs from Wuerzburg to Fuessen. The romantic road route stays off the beaten track, running through several medieval towns.

The name "Rothenburg ob der Tauber" means, in German, "Red fortress above the Tauber." The town does indeed overlook the Tauber River and, according to Wikipedia.com, may have been called red fortress because of all the red roofs in town. The views are gorgeous and as fall descends, the colors of the leaves will turn the area rich shades of red and gold.

Located in the German state of Bavaria in Ansbach County, Rothenburg is about 90 kilometers west of Nuremberg. Full of culture and history, it is considered by many as the quintessential German town. As such, it has been said that Hitler ordered his troops to defend it to the end rather than give it up to the allies.

The town has also been used as a backdrop for movies, comic books, novels and more.

Home to the famous Kaethe Wohlfahrt Christmas store, Rothenburg is also touted to have one of the most romantic Christmas markets in a country filled with hundreds of wonderful holiday markets.

History buffs will marvel at the city's host of museums, including the Imperial City Museum (called the Reichstadt Museum), Medieval Crime Museum, which is said to be the only law museum in Germany, German Christmas Museum, Dolls and Toy Museum to name a few.

The city offers several quality guided tours for individuals or groups. Those who like to explore things at their leisure should set time aside to do this separately or take a more individualized tour to get the most out of the city's rich history.

Night Watchman tour

The Night Watchman tour gives visitors a more dark and menacing taste of medieval times. City folk relied on the night watchmen to warn them of intruders and fires. These men who patrolled the streets at night were there for the town people's protection, but it was one of the lowest paying and most dangerous professions of the time.

As the night watchman patrolled the streets at night, he often had to protect himself from thieves, drunks and beggars so he protected himself with a helbard, which according to Merriam Webster's dictionary, typically consisted of a battle-ax and pike mounted on a handle about six feet long. He sang his "hour song," which reminded townsfolk he was still safe, and thus so were they, every hour on the hour from 9 p.m. to 3 a.m. The tour is given at night and traverses the old town walls, providing visitors a taste of what his job was like during medieval times.

St. Jacob's Church

Those who love cathedrals will want to visit St. Jacob's Church, a historic Lutheran church and one of the churches that serves as a stop on the pilgrimage route to St. James Church in Santiago de Compostela, Spain. The Way of St. James has existed for more than a thousand years. Medieval Christians could earn plenary indulgences by making pilgrimages to St. James Church just as they would by going to Rome or Jerusalem. In its western gallery St. Jacobs Church contains the famous Holy Blood altarpiece by renowned Wuerzburg wood carver Tilman Riemenschneider. The altar was carved from 1500-1505 and includes scenes of the entry into Jerusalem, the Lord's Supper and the Mount of Olives with Judas in the center.

A memorial stone sits in the Rabbi Meir Ben Baruch Garden commemorating Rothenburg's Jewish citizens. The inscription reads "To commemorate our Jewish fellow citizens, displaced from Rothenburg from 1933-1938."

Architectural elements on most Rothenburg homes and businesses today reflect who lived in those locations and what their occupations were. A good example is the cafe in the old Master Builder's House (das Baumeisterhaus). The façade of this patrician house has lintels of the seven virtues and vices, which alternate side by side. The house was built in 1596 for the city's master builder.

The town also has a very rich Jewish history which is first evident in the city archives in 1180. Some 500 Jews lived in the area and it became the educational center for Jews of the time. According to the city website, www.rothenburg.de, Meir ben Baruch of Rothenburg, who settled in the town in 1246, was central Europe's leading Jewish scholar. His fame attracted students from all over Europe and his "Talmudic responsa" or commentaries on the Jewish writings that form the basis of Jewish law, still survive and are quoted today.

Jewish Quarter

As with every great city, Rothenburg had its dark side. In an effort to keep its diverse history alive, the people of Rothenburg have made monuments to Jews who lived there. More than 10,000 Jews in Germany were massacred during the medieval period and approximately 450 were



from Rothenburg.

The White Tower, part of the city's 12th-century fortifications, is attached to the Jewish Dancing Hall, or Judentanzhaus, a building which was Rothenburg's Jewish Community Centre from 1390 to 1520. This was destroyed during World War II and reconstructed in 1953. Thirteenth-century Jewish tombstones were imbedded in the ancient stone wall surrounding the Rabbi Meir Ben Baruch Garden.

Jewish Lane, Judengasse, begins behind the stone wall and most of the buildings within date from the 13th and 14th centuries, making this perhaps Germany's best preserved medieval Jewish quarter. Most of the buildings were restored between 1980 and 2000. A memo-

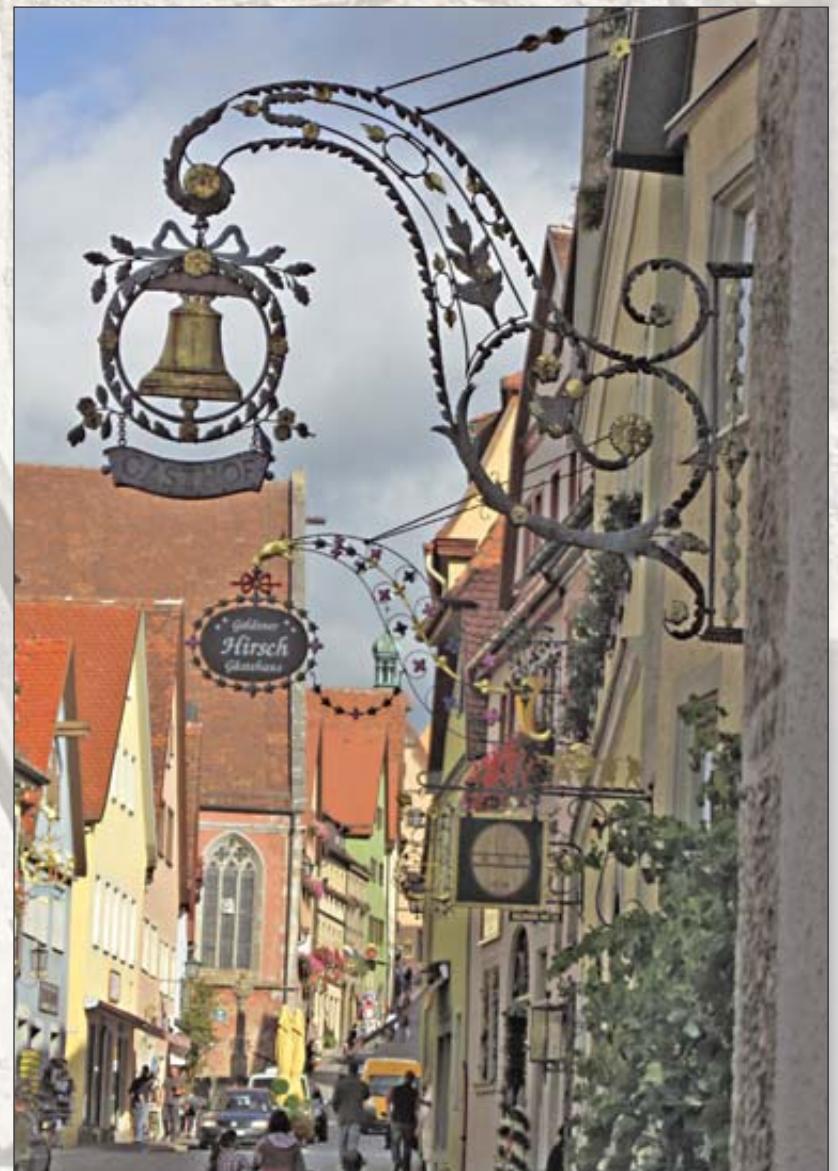
rial stone has been at the end of the lane to the honor of the town's Jewish citizens. It says in German, "To commemorate our Jewish fellow citizens, displaced from Rothenburg from 1933-1938."

Visitors may want to plan to stay overnight to see all the sights or make several smaller trips.

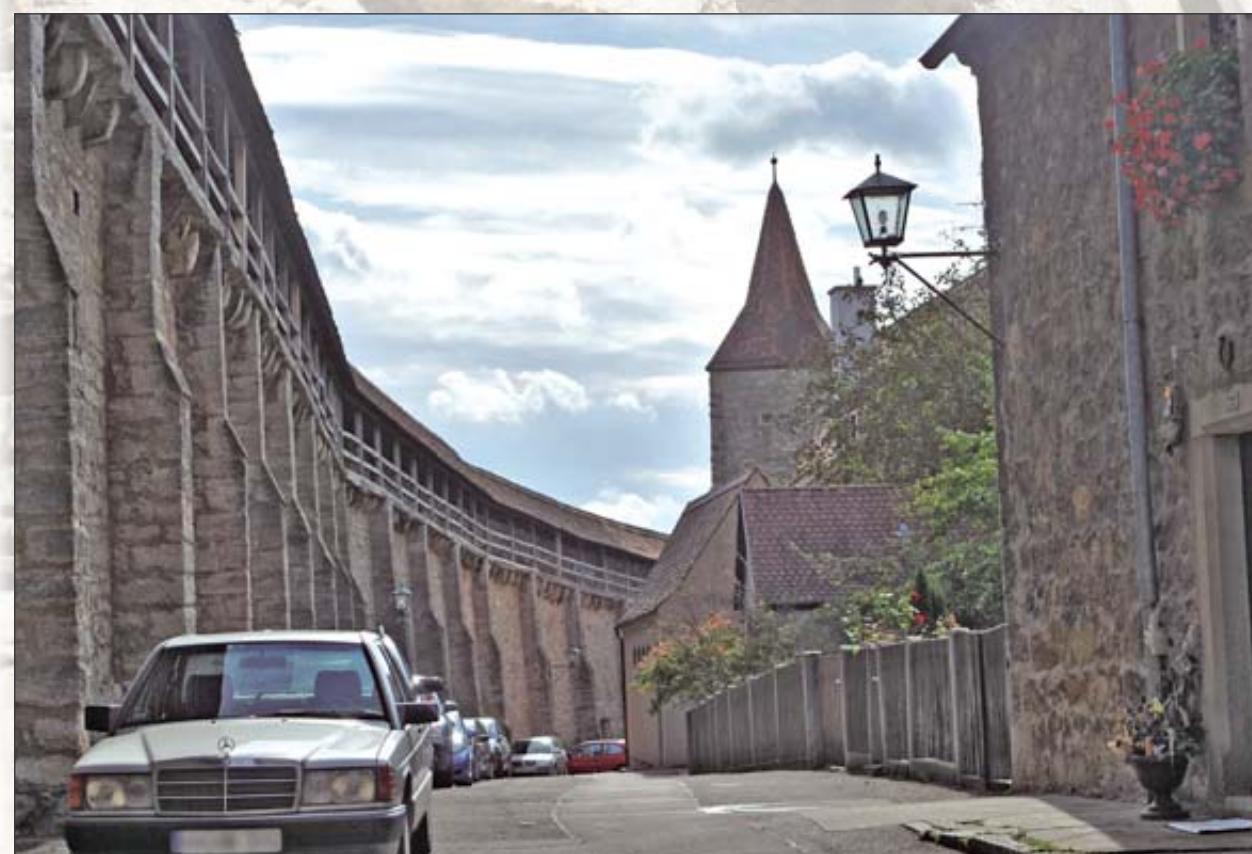
The city is currently celebrating the Goldener Herbst, or Golden Autumn. Visit the city's website, www.rothenburg.de/index.php?get=1300, and look for Goldener Herbst in Rothenburg o. d. T. (Golden autumn in Rothenburg), which runs from now through Nov. 25. The celebration includes everything from wine tastings to culinary classes, classical music to jazz performances and more.



From the walled portion of Rothenburg visitors can look down upon the red roofed village below and the Tauber River.



Rothenburg ob der Tauber thrives on tourism and is a mecca of art and history. Quaint art shops line the streets of the Imperial City with various artistic media throughout.



The old city walls still exist and at night tourists can tour them with the Night Watchman as their guide. Night watchmen patrolled Rothenburg as its citizens slept.

Fall classes aim to strengthen financial health

Story and photo by
Kristin Bradley
USAG Hohenfels Public Affairs

Each Soldier that arrives at U.S. Army Garrison Hohenfels, if it is their first duty station, receives hours of briefings meant to orient them to their new location and to life in the Army. During that time the Soldier will receive eight hours — an entire day's worth — of financial information meant to ensure the Soldier's financial health is as robust as their physical health.

For many, that one briefing will be the only contact they have with the free financial readiness services offered at Army Community Service, something Trent Rumbaugh, ACS Financial Readiness Program manager at USAG Hohenfels, said is a mistake.

"For the average member of the military it is very important to have a healthy financial life. It affects clearances you need for the military and your marriage is affected by the way you manage your money, too," said Rumbaugh. "And even if neither of those things applies to you, everyone wants to be able to retire comfortably and have nice things. How you manage your money now will affect that."

To help the Soldiers and families at USAG Hohenfels manage their financial health, Rumbaugh said ACS is offering new classes this fall along with ongoing one-on-one financial counseling.

Multiple new classes debuted in August, including Budget Development, Banking and Credit Union Services and Stock Club Investments. Insurance and Consumer Affairs is set to begin the third Monday in September, Rumbaugh said.

According to Rumbaugh,

Budget Development focuses on teaching people how to use their money wisely, especially their disposable income.

The class goal is to help people who are having problems, but also to help people create a budget to get on track before they start having problems, said Rumbaugh.

"If you don't develop budget knowledge now, chances are you will develop problems later on. It's about what you have coming in, going out, what you have left over and what your goals are. A budget is about how you use what you have left over to get to that goal," said Rumbaugh.

Once customers understand their monthly budget, Rumbaugh said Insurance and Consumer Affairs will review topics such as renters and car insurance, identity theft, how to get and read your credit report, how to dispute something on a credit reports, and more.

Banking and Credit Union Services is structured to help customers choose the right bank, the right accounts and to get more out of their bank, Rumbaugh said, adding that he is passionate about ensuring people are making their bank work for them, instead of the other way around.

"I don't like seeing a private pay \$30 a month in bank fees when it is not necessary," said Rumbaugh. "It is so simple and this will teach you how to make the bank work for you."

For those with questions about their retirement account or other investments, Rumbaugh said he is particularly excited about the Stock Club Investments class.

"A lot of people don't know what a good investment looks like or what they are buying," said Rumbaugh.

Meeting every other Thurs-

day at 11 a.m., the class will focus on one topic each week for four weeks — basic equities and stocks, mutual funds, exchange headed finds and bonds — then cycle through the same topics again.

"This will educate people about what they are looking at and where the money is going," said Rumbaugh, including "what those tickers and numbers mean, what are basic indicators of a good buy and what are indicators that a particular fund or stock is maybe not doing so well."

While he said he is excited about the new financial class offerings at ACS this fall, Rumbaugh said one of the best things customers can do is to come in and talk to him one-on-one, either by making an appointment or simply stopping by.

"Money is the foundation of everything; you can't live without it," Rumbaugh said. "If you have cancer you are going to go see a doctor, why if you have problems with your finances are you not going to go see a financial counselor?"

Though he does help customers solve financial problems, Rumbaugh said he is also a resource for any kind of general financial planning, whether it is information about buying a car, how to open a retirement account, how to understand a credit report and more.

"My realm is everything finance," said Rumbaugh.

Specifically, Rumbaugh said he would like to see Soldiers make his office one of their first stops after returning from deployment.

"Just stop by and say 'this is what I want' and I can help guide you in the right direction so you know you are making smart decisions," said Rumbaugh.



Michelle Curtis and her daughter Rachael listen to Trent Rumbaugh, Financial Readiness Program manager, explain stocks during an investment class at U.S. Army Garrison Hohenfels Army Community Service.

Joint Multinational Readiness Center achieves excellence

by Cassie Johannes
JMRC Public Affairs

U.S. Army Europe recognized three Joint Multinational Readiness Center organizations for their excellence in supply operations in August.

JMRC's Headquarters' and Headquarters Company, 1st Battalion, 4th Infantry Regiment, won USAREUR's 2011 Mobilization Table of Organization and Equipment company-level award. Bravo Company, 1st Battalion, 4th Infantry Regiment, was recognized as runner-up in the same division. JMRC's S-4 also won the supply excellence award for its division for the third time in row.

The USAREUR supply excellence award program recognizes units' supply excellence at the various unit and organizational levels. The primary criteria for evaluation are demonstrated success in supervisory and managerial responsibilities in compliance with the Army standard supply policy and procedures, the Command Supply Discipline Program, and the Army management philosophy. Units must attain a total composite score of 90 percent or better to meet the CSDP and SEA standard and to be an eligible award winner, runner-up or honorable mention.

Staff Sgt. Khamphoumy Sourovong, the noncommissioned officer in charge for 1-4th HHC supply section, said the award val-

uates the hard work and sacrifices his Soldiers make on a daily basis.

"All my Soldiers that I work with, their work ethic is unquestionable and their knowledge and willingness to learn, is what made us successful, I would not have been able to do it by myself," he said.

The Chief of Staff of the Army Supply Excellence Award Program was conceived during the Total Army Worldwide Supply Conference held in November 1984.

The established benefits of the SEA program are to instill personal challenges to individual Soldiers, perpetuate group competition and provide a management tool to ensure system standardization, while at the same time increasing public awareness of supply excellence within the Army and creating an overall improvement of the supply system.

Lt. Col. Rafael Paredes, the battalion commander for 1-4th Inf. Regt., said he encourages his Soldiers to do four things; "to think, be aggressive, learn something new every day and have fun."

According to Paredes, Headquarters Company and Bravo Company put this guidance into practice which contributed to them winning the award.

"I'm proud of all their efforts and the time they have taken to achieve this. It's an honor of prestige and it hasn't been easy given all the other missions we have," said Paredes.

Donors can give back directly to their local military community

The Combined Federal Campaign – Overseas officially kicks off its 2010 season with an event at in front of the post gym, Sept. 24, at 4 p.m. in conjunction with the JMRC Stable Call. The event is open to all Soldiers and civilian employees of the Hohenfels community and will include a keg tapping and first donations by JMRC and USAG Hohenfels leadership.

This year's slogan is "Make a World of Difference" and our 2010 annual goal is \$125,000. As I reflect on our community's history of gracious contributions I expect that we should easily be able to reach, if not exceed, this goal. Over the past several years our community has repeatedly displayed a remarkable willingness to help those less fortunate. In 2008, Hohenfels exceeded its Combined Federal Campaign – Overseas goal by raising \$158,000.

In 2009, you again exceeded expectations and raised \$134,000. Your unselfish generosity has undoubtedly made a significant difference for the national, international and U.S.-based local organizations that have met the Combined Federal Campaign eligibility requirements. Lt. Col. Kevin Quarles and I thank you for your gracious past donations and ask that you continue your generosity this year.

The Combined Federal Campaign – Overseas has several features related to electronic giving which can be found at the Combined Federal Cam-

Commentary

Donating to Combined Federal Campaign makes a world of difference



paign - Overseas website www.cfcoverseas.org. The Online Pledge Assistant allows donors to complete their pledge card online. The electronic pledge card provides donators the same options as traditional pledge cards, a one-time donation or a recurring monthly allotment to be taken out of their monthly or biweekly payroll.

As the Combined Federal Campaign – Overseas is not connected with the Defense Finance and Accounting Service System, the electronic pledge cards need to be printed and provided to your unit coordinator or key person.

For those who prefer a completely automated option, the website also offers a fully automated giving option that allows contributors to use their credit cards and debit cards. These contributions can be made as a one-time gift or over 12 monthly installments.

For those new to the Combined Federal Campaign – Overseas I urge you to take some time to review the charity list. One of the great advantages of the campaign is its incredible diversity. The true challenge is not finding a worthwhile charity to donate to but in narrowing down which charities are the most important to you.

Unlike other Combined Federal campaigns the Combined Federal Campaign – Overseas does not have

local overseas charities that participate in the campaign. However, the Combined Federal Campaign – Overseas offers a unique program to allow contributors to donate money to improve the quality of life in their overseas community. By choosing the "Family Support and Youth Programs" option on your pledge card (in designation field FSYP), 100 percent of all donated monies are returned directly into Hohenfels, where the commander can use the funds to make life better for our families, single Soldiers and children. When using this option, ensure you provide the reporting number code of 347, which ensures your money comes to Hohenfels.

In 2009, \$6,172.99 was returned directly into overseas military communities like ours using the FSYP option.

Over the next two months key unit personnel will provide information and forms to military personnel and federal employees and provide each of them with an informed opportunity to give.

When you are visited by your unit's key person, I urge you to spend a few moments to find a worthy cause (or two, or three) and take an opportunity to make a world of difference in the lives of others.

*Command Sgt. Maj.
Brenda J. Kadet
CSM, U.S. Army
Garrison Hohenfels*

ACS and CDC team up to present ‘Safe Child’

Story and photo by
Kristin Bradley
USAG Hohenfels Public Affairs

Children in America have long been taught about “stranger danger,” a catch-phrase warning them to steer clear of unknown adults, a warning that seems to presuppose that all strangers are scary and that child abuse always occurs at the hands of someone outside the family.

While teaching children about strangers is one piece of the protection puzzle, social workers at the U.S. Army Garrison Hohenfels’ Army Community Service Family Advocacy Program said they think there is a better way to teach those lessons. As such, they’ve teamed up with the Child Development Center to present “Safe Child,” a program that trains children how to protect themselves from not just strangers, but from anyone or anything that might harm them.

Priscilla Fleisher, FAP manager and licensed clinical social worker with a doctorate in clinical social work, said her team taught the course to a group of 35 preschool and pre-kindergarten children at the CDC for the first time in April as part of the Month of the Military Child and it went so well they plan to teach it again this fall.

Developed by Sherrill Kraizer, a curriculum developer with a Ph.D. in education with a specialization in youth at risk, the 10-day, interactive Safe Child program is formulated for students in preschool through third grade.

“The children had a great time just learning from it and the parents said they were impressed how much they remembered,” said Wendy Winston,



Ileana Hernandez reviews letters of the alphabet with her preschool classroom at the U.S. Army Garrison Hohenfels Child Development Center. The Army Community Service Family Advocacy Program partnered with the CDC to present “Safe Child,” a program designed to prevent child abuse by empowering children to speak up for themselves. After teaching the program for the first time in April, FAP social workers plan to teach another course this fall.

CDC director. “I think it is a great program. The kids still talk about it and I think it is something they really can use in everyday life.”

According to Fleisher, the first five sessions of the 10-day program focus on “your body belongs to you,” while the second five focus on how to

act around strangers.

Fleisher said the program also teaches children about the concept of unsafe touch and about how it is never OK to keep secrets. Through videos and role playing it teaches children how to speak up when something makes them uncomfortable,

whether at the hands of a stranger, someone they know, or even another child. Fleisher said those skills empower children to protect themselves, not only from potential abusers, but even from the neighborhood bully.

Because the Family Advocacy Program is tasked with education and

Bazaar gives shoppers a good cause to put dollars behind

by **Cathy Artino**
Special to the Bavarian News

Italian leather. French wine. Belgian antiques. Polish pottery. Living in Europe is every shopper’s dream. The only thing that can make shopping overseas even better is finding goods from different countries all in one place.

Luckily for shoppers, each year the Hohenfels’ Spouses and Community Club and U.S. Army Garrison Hohenfels’ Family and Morale, Welfare and Recreation host vendors from all over Europe for the Hohenfels Community Bazaar.

Traditionally, the bazaar has been held late in the fall with a Christmas Market theme. This year, however, shopping will commence early running Sept. 24-26 with vendors set up at the post gym and Community Activities Center.

“We really wanted to give shoppers the opportunity to shop early for the holidays,” said HCSC President Kathy McDowell. “Early shopping dates allow customers to have first pick from vendors, as well as mail gifts back to the states early in order to avoid long lines at the post office.”

The annual bazaar is a major fundraiser for the HCSC that last year awarded more than \$12,000 in scholarships to the community and more than \$31,000 in grants to fellow community organizations.

According to McDowell, the 2009 bazaar was the most successful on record, contributing more than \$14,000 to the almost \$60,000 the club raised that year.

“With over 30 great vendors committed this year, we’re hoping to bring in even more for the Hohenfels community,” McDowell said.

This year the bazaar will



Courtesy photo

The 2010 Holiday Bazaar will run Sept. 24-26, and feature 30 vendors from throughout Europe selling wine, cheeses, furniture, jewelry, clothing, antiques and more.

include a keg tapping on the first day, which will take place during a Family Call at 4:30 p.m. in front of the post gym..

Bazaar co-chair Shelly Hollis said she is excited about the inclusion of Stable Call and keg tapping. “The bazaar is all about giving back to the community and its families and Soldiers. We’re happy to have the opportunity to tie the two together.”

McDowell added that also new for this year is Family Day, which will take place on Saturday, from 1-4 p.m. “It’s a great advantage for the parents, since one parent can shop and the other can enjoy the family area with their children,” said McDowell.

A bouncy castle, face painting, a lollipop tree and an arts and crafts center are just a few of the highlights awaiting families on Family Day, which

McDowell said she hopes will encourage parents to come out and shop for the day.

“One of the most important aspects of the bazaar is our volunteers,” said McDowell. “All of the wonderful volunteers from the community really help us have a successful bazaar. They really make it possible for us to give back to our community.”

During the 2009-2010 board year, grants were given to community organizations such as school groups, family readiness groups, Boy Scouts and Girl Scouts, and more.

Interested volunteers should fill out one of the volunteer forms found at the thrift shop, online at www.hohenfelsccsc.com, or at many locations throughout post.

People may also e-mail Jasmine Akalaonu at HCSCinvo@yahoo.com.

Hometown News to kick off holiday greetings, Oct. 1

by **U.S. Army Garrison Hohenfels Public Affairs**
News Release

The Joint Hometown News Service team from San Antonio will be traveling to Hohenfels, Oct. 1, to record holiday greetings for broadcast on television and radio stations in all 50 states and U.S. territories.

The team will be set up in front of the Main Post Exchange, Building 3, from 10 a.m. to 6 p.m. Active duty service members, government civilians, retirees, Department of Defense Dependents School teachers and family members who won’t be home for the holidays are eligible to participate.

Active duty members must be in uniform. All participants really need is their families’

city, state and phone number with area code.

The hometown news service can get it on the air with just locale data, but if participants have the phone number, it gives television and radio stations an opportunity to contact family members to let them know when the greetings will air.

Participants need to say five things within the greeting: Who they are; where they are; who the greeting is going to; where they are; and some sort of holiday message. There is no maximum or minimum time length on greetings, but the best ones are about 15 seconds long.

Family members must be accompanied by sponsors, unless the sponsor is deployed.

Spouses and children can make a greeting if the service member is deployed, on temporary duty or hospitalized, but they have to mention the deployment. Family members can also make a greeting to deployed military relatives, provided they are going to be deployed during the holidays.

When customers arrive for taping, they will need to complete a form for every greeting. A member of the hometown news crew verifies the information before giving a quick briefing. Then, a crew-member will escort participants to the camera, give another short briefing and then place microphones on them. The camera operator lines them up and records the greeting in “5, 4, 3, 2 ...”

Retirees thank clinic staff

On behalf of all the retirees we thank you for the professional care we received today during the Clinic Retiree Open House. We realize many of you might have had to forgo plans for the long weekend but the date selected was perfect for most of us.

Lots of people like to complain about what we do not have at Hohenfels but our health clinic is one of those morale builders that helps

make Hohenfels, “the great little place.”

Everyone who we met was cheerful, helpful and an expert at their craft.

You made us feel important today. I am sure I can speak for all the retirees I met today when I say thanks for a job well done.

*Robert Leon
 Hohenfels, Germany*

Reduce water use, save energy

We all think of bathing and showering in terms of energy use, which is a valid perception. What most people ignore is that bathing and showering remove more than dirt, they also separate from the pores by contact with hot water. Showering and bathing withdraw natural oils from the skin, and generously foaming with preservative agents increases this effect.

Those who follow a few simple rules will not have to worry about dry skin despite the daily shower. Most importantly, showering

briefly using warm water. The hotter the water, the more fat and humidity loss there is.

Allegedly, showering longer than four minutes with too hot water dissolves nearly the entire protecting fat. Also, using too hot water cause humidity and vapor formation on the walls; an obvious reason for mould growth.

Remember, although your community pays only \$0.60 per 100 gallons of potable water, it costs another \$4.10 to heat it up for a bath.

Autumn means football season in Ansbach

Story and photo by
Ron Toland Jr.
 USAG Ansbach Public Affairs

Ah, the 2010-11 school year is back in session, everyone is in school mode, fall is around the corner and that can mean only one thing: football season.

For the past 23 years Marcus George, Ansbach Middle/High School head football coach, has conducted a week-long training camp to prepare players from all over Europe for the coming season.

"It is a new season and new edition for all players," said George. "This is an opportunity to specifically focus on basic fundamentals, which some teams do not always get to focus on when they are at home and from just coming off the summer break."

He explained the reason the camp is held in Ansbach is because it has more field and ground space required to execute fundamental drills and can house the players in the school for the week.

"We have about 370 players, not all Americans, from all over Europe — Italy, Germany, the Netherlands, Switzerland, Holland — attending this year and we have the best area in Europe; nobody comes close," said George as he pointed out the available space, which is more than four full-length football fields. "It's ideal here," he said.



Marcus George, Ansbach Middle/High School head football coach, talks to quarterbacks and receivers about technique and mechanics of the game during this year's football camp. Started by George as a "two-a-day" in Fulda, Germany, in 1987, the camp has become a weeklong event with players from all over Europe.

Not only is the spacing ideal, but the focus of the players is pure football.

"These guys are here for four days with nothing on their minds but football," George said. This, he said, gets them in the mindset to play, enables coaches to teach baseline skills so the teams can go back and be successful in their home school, and gives them a chance to team-build. "Anyone

who does not come to the camp is way behind in techniques because they are not out here training and thus not gaining the advantage," said George.

When George started the camp in Fulda in 1987, he saw a need for training new and returning players, but back then it was only a short rugged six-hour-a-day, two-day preparation camp.

But not anymore.

"DoDDS rotated sport camps every four years and that was not enough because there is a need for fundamental skills and drills, and conditioning of the players," he said. "It is so important to teach skills — you see the benefits," he added.

The training is rigid.

"They put in 12-hours of nothing but mechanics, rep after rep after rep after rep and

that is the beauty of the camp," said George. "The more reps we get, the better off we are. Coaches cannot always do what we do here with and in regular practices," he added.

And the players see and benefit from results, too.

"I can remember when I was a freshman and learned everything I need to know right here," said Alex Moya, senior running back and defense for

the Ansbach Cougars. "Coming here, I get better with fundamentals. It is not about being better because everyone helps each other out, there is no real rivalry."

Moya said interspersing team members into different groups at the camp creates team cohesion.

"When you work with your own group, you just get that sense of camaraderie, even with people you have never met before," he said. "It is fun — I even see (the same) people here since I was a freshman."

"It teaches you basic techniques, even if you know them," said Kalyn Smithson, a senior tight end with the Vilseck Falcons who has been attending the camp the past four years.

"And especially having the summer off, it helps you get back into your game and get back into shape before pre-season," he added.

George thanked the Ansbach community for its support and said the camp would not have worked without them.

"Something like this requires community support and without that, my administration's support — letting us use the facilities of the school, area support team ... I have about 75-80 people helping get things done and pitching in — feeding the players, hauling stuff, coaching, getting stuff done. This is by no means a one-man show," he said.

AFAP 2010 begins with new issue forms

by Ron Toland Jr.
 USAG Ansbach Public Affairs

Got an AFAP Issue? Here this is what you can do.

If you are not familiar with AFAP, the Army Family Action Plan, you should be.

AFAP gives members of the total Army family — Soldiers, civilians, retirees and family members — a process to voice their quality-of-life concerns and suggest ideas and solutions to address those concerns.

"AFAP is your way to influence change within the Army," said Katie Server, AFAP program manager for U.S. Army Garrison Ansbach. "It is a process that lets the members of the Army family say what's working, what isn't and what they think will fix it."

Server said the program is a great way for members to influence change within the Army. It alerts commanders and Army leaders to areas of concern that need their attention, and gives them the opportunity to resolve those issues.

"Regulations have changed, legislation enacted, new programs implemented and existing programs improved, thanks to the interest and involvement of Soldiers, civilians and family members Armywide," she said.

And according to her, USAG Ansbach conducts an annual conference where community members of all demographics prioritize issues they believe are important to maintain a good standard of living, and local commanders see to it that the issues are worked toward a resolution.

But it may not only be a local issue. But AFAP conferences apply to issues that are more than local issues.

"Some issues are applicable beyond the local level," said Server. "They are sent to the IMCOM-Europe AFAP conference and to Department of the Army Headquarters, where delegates from across the Army determine which issues will be addressed by the Department of the Army General Officer's Steering Committee," she explained.

Server said members of the

Courtesy graphic
The 2010-11 Army Family Action Plan issue forms are now available throughout the community and online at www.ansbach.army.mil/sites/services/afap.asp

USAG Ansbach community are invited to submit issues to the AFAP program. Issues are problems that affect the readiness and well-being of the Army, and range from child care to leadership, including medical and dental care, relocation, volunteers and more, according to Server.

The new 2010-11 AFAP issue forms are now available throughout the community and on the garrison website.

Community members can fill out the blue AFAP issue form and drop it in an AFAP box located within and around the garrison or bring it to ACS," said Server. "And if an issue pops into your head and you don't want to wait to find a form, you can e-mail your issue directly to mail. ask-afap.ans@eur.army.mil," she added.

For more information about the program and to submit your issue, contact Katie Server at DSN 467-2370, CIV 09802-83-2370.

Cavalry troopers earn their spurs

by Capt. Travis Rabb
 Bravo Company, 3rd Battalion,
 158th Aviation Regiment

For the past two months, Bravo Company, 3rd Battalion, 158th Aviation Regiment, has been working with a separate Task Force in Mosul and Kirkuk.

Due to the effects of the drawdown of forces, many aviation units still in Iraq were separated from their parent organizations and formed into task forces. Task Force Saber is formed primarily around 1st Squadron, 6th Cavalry Regiment.

The Bravo Company War Eagles, which own 10 UH-60 Blackhawk helicopters and C-21 Medevac, which is responsible for 8 HH-60 helicopters, were both added to 1-6th Cav. Regt. to complete the task force. This task force is spread out over six different locations, primarily in United States Division North.

Cavalry units have many traditions. Recently, the War Eagles were invited to be a part of the most notable of cavalry traditions, the Spur Ceremony.

The Order of the Spur is a cavalry tradition whereby Soldiers serving with cavalry units (referred to as troopers) are inducted into the Order of the Spur after successfully completing a "Spur Ride" or after having served during combat as a member of a cavalry unit.

Traditionally, each trooper is

presented spurs by their sponsor at a ceremonial dining in, commonly referred to as the Spur Dinner. The spurs are to be worn with the military uniform during squadron or regimental ceremonies and events or as designated by the cavalry unit commander.

In some units, gold spurs are awarded for combat inductions while silver spurs represent having completed the Spur Ride. Within the tradition, silver spurs and gold spurs hold a similar relationship to the cavalry as the Expert Infantryman Badge and Combat Infantryman Badge hold to the infantry.

There is no military occupational specialty (MOS) requirement for the Order of the Spur and the Order is also open to members of foreign militaries serving with U.S. cavalry units.

The tradition of having to "earn your spurs" reaches back to the beginning of the cavalry. When green troopers first arrived to the unit, they were assigned a horse with a shaved tail. This led to the nickname "shaved tail" for newly assigned, spur-less Soldiers.

These new troopers were in need of extensive training, especially in the area of swordsmanship from atop a horse.

The horse with a shaved tail was given extra space in which to operate since its rider was marked as an amateur. During this phase of training, troopers were not allowed to wear spurs because this would only serve

to compound their problems. Only when they were able to prove their ability to perform with their horse and saber were they awarded spurs.

The only two ways to join the Order of the Spur are the spur ride or wartime service in a cavalry organization.

A typical Spur Ride is normally held over a number of days and includes a series of physical and mental tests to evaluate leadership, technical and tactical proficiency, and the ability to operate as part of a team under high levels of stress and fatigue, under both day and night conditions. Due to the heat of the summer, an actual Spur Ride has not been planned yet.

The 1-6th Cav. Regt. has been another great organization to work with. They have made Bravo Company part of the team, and because of our relationship with them, they invited us to be a part of this great Army tradition.

All Soldiers and officers were spurred during the ceremony and awarded a special Spur certificate, certifying the authenticity of their membership into the Order of the Spur.

As a bonus, a sister cavalry unit was being treated to a special steak dinner by an outside organization from the US. A group of 14 men and women from Texas personally paid to bring over 700 filets and side dishes to show their support for the troops. It was a great ending to the day and a well deserved treat for the Soldiers.



War Eagle Soldiers gather for a company photo following the spur ceremony, recently. Capt. Travis Rabb and 1st Sgt. Luis Rodriguez (first row, center) sport their new cavalry headgear.

US, German working dogs sniff out explosives

Story and photo by
John Reese
USAG Garmisch Public Affairs

Bundeswehr military police working dog handlers from Murnau teamed up with their Garmisch counterparts to sweep a large, out-of-service building on Artillery Kaserne for simulated explosives, Sept. 2.

A captain and two master sergeants from the Feldjaegers brought their female German shepherd, "Crazy," and training aids used by the Bundeswehr to cross-train with two American staff sergeants and their 8-year-old Operation Iraqi Freedom veteran dog, Fonz. The training took place in the old theater and club building, currently out of service for renovations.

"We like doing this kind of training together," said Hauptman Steve Zieman, leader of the Bundeswehr team. "We hope to do this more often."

To make it challenging, the handlers were kept out of the areas where the devices were hidden. Once they began it was up to the teams to seek out the simulators using their dog's training and keen sense of smell coupled with the experience of the handlers to employ the dogs correctly and efficiently.

Crazy went first and quickly demonstrated her professionalism by rigidly following her handler's directions. She quickly found the first training device under a sink, and then climbed

on a table to pin down the second device atop a wall cabinet. A third device hidden in the club's restaurant took her slightly longer; she zeroed in on the general area quickly and made several passes before she sat down, indicating she'd located it.

"We're training with different kinds of scents today. The Bundeswehr uses different types of simulated explosives," explained Staff Sgt. Aaron Meier as he hid the simulators.

After Crazy was finished locating all of the devices, it was Fonz's turn to put his nose to work. Fonz, a male German shepherd, is about twice the size of Crazy. He was just as intent and enthusiastic about completing his training mission as Crazy before him, although not quite as graceful when it came to leaping up on tables.

"He's old school," said his current handler, Staff Sgt. James Tolley. "He was trained years ago with different techniques and he's set in his ways."

Old school or not, Fonz located the devices just as quickly.

For both dogs, whether training or sniffing out actual explosives downrange, their reward was to play with a favorite toy.

The MPs always put the dog's rank one stripe above the handler, the idea being that any mistreatment of the military working dog would be the same as toward a senior noncommissioned officer.

"We have something similar," said Zieman. "Our soldiers treat our dogs very well."



Crazy, a Feldjaeger military working dog, sniffs a soda fountain in search of a simulated explosive device at the old post club on Artillery Kaserne. She alerted to the well-hidden device within a couple minutes.

Right to vote one step in the struggle

by Teri Chang
U.S. Army Garrison Garmisch

I wear the volunteer installation voting assistance officer hat at U.S. Army Garrison Garmisch. This is an interesting position for me, because I am not passionate about politics. I don't really even like to talk politics. However, I've voted in every single presidential election since I was eligible to vote. I'm guessing the reluctance might have something to do with the fact that only once in 27 years I have voted for winning president, and I'm not saying which one I got right.

As a woman, I've certainly had some challenges in my life, but few can I attribute to the fact that I am a woman, and that is due directly to the two strongest influences in my life; my mother and my grandmother. They raised me to believe that I could be anything and do anything that I set my mind to.

My mother struggled to care for us, working as a nurse on the night shift, often taking my brothers and me to work with her. We'd sleep on the floor of the day room while she worked. The night security guard would wake us in the morning and get us ready so that my Mom could drop us off at school. Very early on, my Mom told me 'Teri, always remember: boys will wait. They'll still be there after you go to college. I will do everything I can to send you to college because you have to get your education. If I hadn't had my nursing degree, we would be living under a bridge when your father left. Your brothers will be fine - they're boys and they'll be OK. But you have to be able to take care of yourself.'

My mom was right, and I went to college.

Born in 1900, I remember my grandmother as always being old, yet quiet, strong and proud. She would watch me run wild and crazy with my three brothers, never telling me that I wasn't allowed to do something, and then she would later pull me aside later and quietly instruct me on how a lady behaves. She was always interested in my schoolwork, especially the math homework I was given. I would show her my papers and she would look it over, and then proclaim that she just 'didn't understand this new math.' I never understood what that meant until recently when a friend showed me the math she has been tutoring our Munich International School students with — I'm guessing that's "new math" because I don't understand it either.

New math or not, my grandmother encouraged my education and I was raised in an environment where there was no question as to whether I would go to college. My grandmother had



Photo by John Reese

The award-winning Garmisch Library offered a display of books, audio books and DVDs for the Women's Equality Day commemoration, Aug. 26, at the Pete Burke Community Center.

been a teacher. I assumed that was just the job women got back then. It wasn't until I was a sophomore in college and my grandmother met my boyfriend. I listened intently to their conversation, especially when he mentioned that he had recently transferred from University of Colorado at Boulder. I was afraid that the conversation would somehow turn to the fact that he had actually been kicked out of UC Boulder for producing fake ID cards. However, it was my grandmother that surprised me when she proclaimed: "Oh really? I taught there. I was a business and accounting professor."

I was shocked. I had no idea that my grandmother went to college, much less taught at one. After questioning her, I also learned that she was an accounting professor at Southwest Texas State University. Who knew that she actually had a life before she was my grandmother?

Over the years of my adulthood, I would call my grandmother. I knew that no matter what the time difference was between her home in Texas and wherever I was currently living with my active duty spouse, she would be awake and I could talk to her. We had great conversations — I asked her about growing up, World War I, getting the right to vote, prohibition.

I learned that my grandmother was a flapper; that she married at 33, an old maid by the standards of the time; that she lived through the Great Depression, cried when Pearl Harbor was bombed, and survived the hardships of World War II.

The strength, calmness and matter-of-factness with which she relayed her stories provided me with great comfort. I remember how anxious I

was when Desert Storm began, and scared on Sept. 11, 2001, when those airplanes flew into the Twin Towers. Each time, I took a deep breath and thought of my grandmother and knew that if she'd made it through all of the troubles of the world over the past 100 years, so could I.

I was raised by strong women, and I've been the benefactor of all the women who have gone before me, those who have struggled, fought, starved, been imprisoned, beaten and locked up in mental institutions, and I have taken these things for granted. I was aware that American women received the right to vote in 1920 with the ratification of the 19th Amendment; what I didn't know was that the first formal Women's Rights Convention was held in Seneca Falls, N.Y., in 1848! I don't need "new math" to figure out that was 72 years earlier.

There were many women during that time moving the fight forward, planning, organizing, marching, petitioning, lobbying, parading and lecturing, breaking new ground at every turn. Women who fought for the right for us to work, to vote, to enter into legal contracts, to hold public office, to serve in the military, to own property and legal reform to acknowledge women as equal under the law.

In many states women received the right to hold public office even before they were legally given the right to vote. Think about it. How many single women do you know? How many single women with children? Without the right to work, how could they care for themselves or their children? I sold my house yesterday and it is a common, everyday



The Garmisch ACS team is all thumbs up, Sept. 2, after they scored a 100 percent accreditation rating in their first-ever triennial accreditation since standing up 22 months ago. From left to right are: Martila Seals, Sharon Glazesski, Sylvia Metzger, Jerrod Payzant, Kari Sharpe, Patty Pearce and with two thumbs up are Doris Tyler and Karin Santos, garrison manager.

Garmisch ACS receives 100 percent accreditation

Story and photo by
John Reese
USAG Garmisch Public Affairs

The Garmisch Army Community Service Center passed its first triennial accreditation inspection with an outstanding perfect score, receiving 100 percent in all rated areas.

"From an empty facility to accredited center with commendation in only 22 months ... Wow!" said Doris Tyler, ACS director. "Truly, it is a community achievement and the ACS team thanks each of you for your part in making it happen."

The accreditation concluded early after the visiting team finished rating every required area of the center, the team and the services provided.

Garrison Manager Karin Santos, joined by Sharon Glazesski, Family and Morale, Welfare and Recreation director, offered a toast of orange juice in champagne glasses in her office immediately after receiving the good news.

"I want to express our gratitude and appreciation to ACS in achieving this remarkable success," said Santos. "You all worked very hard to make this accreditation score."

Steve Gauthier, former FMWR chief, chimed in as well on the garrison's Facebook page when he re-

ceived news on the other side of the planet on the remote Kwajalein Atoll.

"Congratulations! But then, there was never any doubt," wrote Gauthier.

Gauthier supported and helped build the original ACS team with Tyler, laying the groundwork in late 2007 and continuing his ardent support of Soldiers through ACS until his departure in spring of 2010. However, he credits the success with Tyler, who worked tirelessly to ensure Soldiers, family members and civilian personnel of the Garmisch community received whatever appropriate services they required, from classes to Army Emergency Relief loans and grants.

The ACS team credits the community right back for its success.

"I have the two biggest ACS programs, and within a very short time with the help of many people, I was able to accomplish a phenomenal task," said Martila Seals, ACS Family Advocacy Program manager.

"A great feat for a great team," said Sgt. Michael Chambers, a military working dog handler whose wife Kayla worked as Family Advocacy Program assistant. Chambers completed the three modules of the Army Family Team Building online in his limited free time while serving downrange in Operation Enduring Freedom.

U.S. NCOs discuss war with German soldiers

Story and photo by
Nathan Van Schaik
USAAG Schweinfurt Public Affairs

HAMMELBURG, Germany — A band of five U.S. Army noncommissioned officers with more than 25 years of deployed combat experience convened at the German infantry school here, Aug. 26, to provide insight on Iraq and Afghanistan to 27 German NCO recruits — all of whom have not been deployed to those areas.

For German soldiers wishing to advance to the ranks of NCO, time at the infantry school is only a part of a broader training program, according to Capt. Erik Dusin, course leader.

Located just 30 kilometers west of the U.S. Army Garrison Schweinfurt, the infantry school, or Infanterieschule, is the only one in Germany. The experiences of the American Soldiers down the road are invaluable. One day, some or all of these soldiers may be called to duty in Iraq or Afghanistan, said Dusin.

"I know the Americans have been in intense battle situations," said Dusin. "I wondered if it was possible to give some experiences from American sergeants of this same level to my trainees. So I tried to bring it together."

With assistance from Michael Cormier, the 172 Infantry Brigade partnership officer, and Sgt. 1st Class Mark Byrd, deputy operations sergeant major of the 172nd Inf. Bde., Dusin orchestrated a forum that brought the two groups together.

"The purpose of this event was to take five U.S. NCOs who just got

back from deployment and have them give lessons learned in a class environment," said Cormier.

Command Sgt. Maj. Terry Burton, Sgt. 1st Class Paul DeStout, Staff Sgt. Bryan Godette and Spc. Robert Torsney — all with the 172nd Support Battalion — and Staff Sgt. Michael McLaughlin of the 1st Squadron, 91st Cavalry Regiment (Airborne), fielded questions and gave their accounts of the realities of war.

Major concerns among the Germans dealt with the dangers of deployment coupled with public sentiment of the war.

"The difference between the U.S. and Germany is that U.S. troops get a lot more support from the public," said Staff Sgt. Steven Demir, a student at the infantry school.

"I think the biggest concern we have is the problem with family," said Sgt. Dominique Wagner, another student. "My mother thinks it's very dangerous in Afghanistan."

Command Sgt. Maj. Burton, who only recently returned as an instructor from the Sergeants Major Academy in Fort Bliss, Texas, to assume the title of command sergeant major for the 172nd Support Battalion, offered advice that left an impact on many of the soldiers.

"What you have to understand is that if you have a family, you have to help them understand why you put this uniform on," Burton said regarding families' perceptions of the mission in Afghanistan in the face of anti-war sentiment in the media. "Where we mess up is, is when we put this uniform on and we go straight to work and we never communicate



Sgt. 1st Class Paul DeStout, a medic with the 172nd Support Battalion, discusses the realities of war with German noncommissioned officers in training, Aug. 26, at the German infantry school in Hammelburg. A band of five U.S. Army noncommissioned officers from Schweinfurt with more than 25 years of deployed combat experience convened there to provide their insights on Iraq and Afghanistan to 27 German NCO recruits — all of whom have not been deployed to those areas.

with our family."

"I think an important message the Americans make is to always think about your family," said German Sgt. Marcel Rothstein.

The German soldiers held nothing back with their questions. Do you trust

Afghan soldiers? one asked. Do they get the same training as American Soldiers? What types of tactics does the enemy use? Were you ever scared?

The group of five American Soldiers provided answers and a reoccurring theme developed: Today's

Soldier must dovetail commander's intent with an ever-changing combat environment.

"Doctrine is not keeping up with the war. It's not that it's wrong, it's just that it can't," Burton said. "You as NCOs have to be critical thinkers."

Army spouse phenom wins Schweinfurt 'Rising Star'



Ashley Cobb won enough votes from judges and audience members to secure the first place prize in this year's USAAG Schweinfurt Rising Star competition. Singing to the Miley Cyrus song, "The Climb," she beat out eight other contestants over the course of three weeks earning her \$500 and advancement to the 2010 Armywide finals.

Story and photo by
Nathan Van Schaik
USAAG Schweinfurt Public Affairs

Ashley Cobb won local Rising Star competition at the Conn Club on Conn Barracks, Aug. 27. A panel of three judges and the audience made the determination from a pool that originally started with nine performers competing against each other over the course of three weeks.

After having performed a cappella in the opening round, performers sang to music of their liking in round two. In the final round, Ashley Cobb beat out four others earning her \$500 and advancement to the 2010 Armywide finals. Renita Johnson was awarded \$250 for her second place finish while Tiffany Monique Culver received \$100 for third place.

"All of them have what it takes to advance to the All-Army finals," said Alieebret Lawson, one of the three judges

and last year's USAAG Schweinfurt Rising Star winner. "To win, it takes confidence and trust in yourself."

Cobb said the opportunity to sing inspired her to compete.

"I sang all my life," she said. "You don't always get the opportunity to sing in front of others and being here has been a great opportunity, especially for spouses."

Cobb, an Army spouse whose husband is stationed at the Army garrison in Ansbach, won the competition with her rendition of the Miley Cyrus song, "The Climb."

She, along with other contestants earning first place at installations around the world, will submit videos to a panel of judges who will then narrow the global competition down to 12. That list will be made public around Oct. 20, according to the official rules.

If Cobb makes the cut, she will advance to the 2010 Rising Star Finals at Fort Belvoir, Va., to compete for an all-

expense paid trip to Los Angeles, Calif., to record a three-song CD.

Judges and web-viewing audience members will then cast their votes. Audience members both online and in-person will be able to cast their vote by logging onto www.OpRisingStar.com.

At the local finals, Aug. 27, the judges also awarded a "Spirit Award" for the best supportive unit based on cumulative tallies scoring applause and the general amount of ruckus brought to each night of the competition. The lone \$300 cash prize ended in a draw between the 12th Chemical Company and the 44th Expeditionary Battalion and will be divided between the two.

"Over the six years I've organized this, we get more and more talented performers," said Garland Travis, Schweinfurt's Rising Star host and event coordinator. "I'm not surprised with the talent. This is just another outlet to help Soldiers and family members deal with stress."

Suicide prevention

Schweinfurt community has resources to assist Soldiers, families

by Jasmine Morales
USAAG Schweinfurt Public Affairs

A recent U.S. Army report finds the rate of suicide by Soldiers has risen above the civilian rate for the first time since Vietnam. Losing the life of a Soldier, family member or Army civilian is a great misfortune. Typical warning signs have been identified to help pinpoint suicide prevention.

"The most important thing to do is to ask, don't be afraid to ask the questions," said Capt. Jeff Case, a behavioral health officer with the 172nd Infantry Brigade. "People are afraid to ask questions because they are not sure what to do with the answer, so if you ask a question you have to be willing to hear an answer."

To help and support against suicide, the Schweinfurt community offers various services and programs that are easily available including the chaplain's office, behavioral health and social work services.

Suicide Prevention training is an annual requirement for Soldiers and civilians. Additional classes can be provided at the request of the unit commander. Family members are also encouraged to participate in suicide prevention training and avail themselves to the great resources that the community has in place to help them.

Raising awareness with education and training is essential to suicide intervention and prevention that may help save a life.

"Prevention comes from two key factors ... identify who the person is and getting them treatment by providing access to quality care and making sure that it doesn't escalate to suicide, and also provide command team with how to work with Soldiers," said Case.

Some services available include psychological services, such as testing, psychotherapy, counseling and emergency evaluation that can sometimes deal with suicide prevention.

"A good percent of Soldiers recognize they have emotional problems and need some help, and they identify themselves and come in. However, there is also a percent that can't identify themselves and at that time command can help watch for typical signs to then make a referral for care," said Case.

The Army's ACE Card provides critical suicide intervention information: Ask your buddy, Care for your buddy and Escort your buddy. An addition to the ACE Card the Army has implemented ACESI. Ask, Care, Escort and Suicide Intervention.

"The intervention piece is about exploring with individuals their reasons for dying and living," said Chaplain (Lt. Col.) Dean Bonura, Schweinfurt garrison chaplain. "It is connecting with them in ways that help them discover reasons to live, and then connecting them to the resources that will keep them safe."

Identifying suicidal tendencies is critical to prevention. They include high levels of psycho-

logical pain, extreme amounts of depression, irritability, anxiety and a sense of hopelessness.

"When you have all these it's like the perfect storm," said Case. "The primary reason to seeking help is to reduce the level of psychological pain and help resolve those issues," said Case.

Training for Soldiers and tenant units is available through the behavior health clinic and chaplaincy.

"I hope that it's reflective to notice the people left and right. Psychology has a stigma and so people may not seek help on their own," said Case.

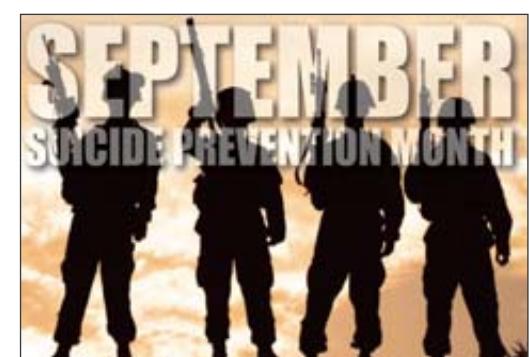
Seeking help does not affect your Army career and sessions are kept confidential, said Case.

"It won't impact your Army career at all," Case reiterated. "Medical charts are not pulled for promotion board or school selection."

"Behavioral problems are just the tip of the iceberg," he said. "Underneath the water you don't know what's down there unless you start looking," said Case.

Chaplaincy has been providing both suicide prevention training for Soldiers and confidential individual meetings to help talk out issues that can lead to suicide.

"We're trying to equip people down at the peer level and help them be comfortable to not only recognize colleague or fellow Soldiers who may be at risk for suicide but also to help them intervene to save a life," said Bonura. "That's



USAG Schweinfurt has many resources aimed at training to assist in preventing suicide as well as counseling to help those contemplating suicide.

where our focus is."

If you, your battle buddy or someone you know is showing signs of suicide, call the Suicide Prevention Hot Line at 1-800-273-TALK (8255). To learn more about ways to tackle and prevent suicide log on to www.army.mil/hr/suicide.

To receive information on training opportunities, policy updates and more on prevention, contact Health Promotion Officer and Suicide Prevention Program Manager Angela Hunter at 09721-96-8561.

Army considers yoga to treat Soldiers' pain

Story and photo by
Lisa R. Rhodes
Army News Service

FORT MEADE, Md. — Sgt. 1st Class Felicie Spencer takes medication for the pain she experiences from an injury.

But for a few months this spring, Spencer attended yoga classes at Gaffney Fitness Center. A member of Fort Meade's Warrior Transition Unit at Kimbrough Ambulatory Care Center, Spencer said the practice soothed her discomfort.

"It eases the joints where there is pain," she said. "It's excellent. Sometimes I don't want to leave, I'm so comfortable."

If Army Surgeon General Lt. Gen. Eric B. Schoomaker has his way, yoga and other alternative therapies would be integrated into Army medicine to treat the pain of wounded Soldiers.

In May, the Army Surgeon General's Office released the Army Pain Management Task Force's final report. The task force, initiated by Schoomaker, made recommendations for a comprehensive pain-management strategy that is holistic, multidisciplinary and multimodal in its approach to treating Soldiers and other patients with acute and chronic pain.

According to an Army website, Schoomaker said at a June press conference that the increasing numbers of Soldiers returning from combat with severe wounds, and reports of medication abuse and suicides with pain as an aggravating factor, are troubling.

To improve the quality of life for wounded Soldiers, the general said he is supportive of alternative therapies. "Programs such as biofeedback and yoga have been subjected to scientific randomized trials and have been proven to be effective," Schoomaker said.

The task force report states that the military health system's care for wounded warriors is "rooted in a military culture that praises selflessness, toughness and willingness to accept pain." As a result, a "no pain, no gain" philosophy has been embraced by the military and "often causes delays in treatment" as service



Lt. Col. Michele Spencer, 48th Combat Support Hospital, (center, blue top) leads a free yoga class at Fort Meade's Gaffney Fitness Center. The Army surgeon general is considering yoga and other alternative therapies such as biofeedback, acupuncture and meditation to help treat Soldiers with acute and chronic pain.

members "attempt to work through their pain and 'tough it out.'"

A major problem discovered by the task force is an "over-reliance on medications to treat pain" and the "increased prevalence of prescription abuse" among Americans in general.

To tackle these obstacles, the report recommends the use of integrative and alternative therapeutic modalities such as yoga, acupuncture, meditation and biofeedback in a patient-centered plan of care.

Dr. William Swann, chief primary care manager at Fort Meade's WTU, said he applauds the Army's consideration of alternative therapies for Soldiers.

"I think it's a good idea," said Swann, an

osteopath who is a certified Tai Chi instructor and has been trained in Qigong, mindfulness meditation and HeartMath, a stress-reduction management program.

Swann said he often recommends alternative therapies such as yoga and biofeedback for WTU Soldiers.

The goal of combining alternative therapies with traditional medicine should be to allow Soldiers "to take ownership of and be involved in their own healing from this mind-body perspective," Swann said.

Kimbrough is already using biofeedback for stress management and physical ailments, said Swann. Dr. Stacey Ketchman, a supervisory psychologist in the behavioral health department at the Womack Army Medical Center at

Fort Bragg, N.C., said the department has successfully used biofeedback to treat pain in Soldiers for two years.

"We wanted to provide another way of treating pain that did not involve medication or invasive procedures," Ketchman said, noting that the over-reliance on pain medication is often not a solution to chronic pain, but only treats its symptoms.

The department's newly expanded Complementary Alternative Medicine Clinic offers biofeedback and hypnosis to treat a wide range of ailments, including chronic pain, post-traumatic stress disorder, anxiety disorders, insomnia and migraines.

"I was extremely excited when the report came out," Ketchman said.

According to the clinic's satisfaction surveys, results from Soldiers have been "extremely high."

Ketchman said she hopes the Army's embrace of alternative therapies will increase funding for the Fort Bragg clinic to hire additional staff such as an acupuncturist, occupational therapist and chiropractor.

Lt. Col. Michele Spencer, S-3 operations and training officer for the 48th Combat Support Hospital, and Pamela Phillips, the Financial Readiness Program manager at Army Community Service, both teach yoga at Gaffney.

"To make (alternative therapy) mainstream, that's the exciting part," said Spencer, who also has taught power Vinyasa yoga to Soldiers when she was stationed in the international zone in central Baghdad in 2006.

"We were being bombed every day," she said. "The energy (there) was very dark, but what great light it was to have such a peaceful practice."

Spencer said that by the end of every class, she observed less stress in students' faces and bodies. Each was "a different person," she said. "Their breath was even more focused and soft."

Results are similar for participants at Gaffney's free yoga classes.

The poses and the breathing," Phillips said, "do wonders for the psyche."

Contest opens to name Ten-Miler mascot

by Army News Service
News Release

ARLINGTON, Va. — Army Ten-Miler Youth Run officials have announced that the world's fastest land animal, the cheetah, will serve as the mascot for the 26th annual race which starts and ends at the Pentagon, Oct. 24.

Since every mascot has distinctive name, race officials are conducting a first-ever "name the cheetah mascot contest" from now through Sept. 24. The contest is open to children between 4 and 14 of active Army, National Guard and Reserve families.

The winner will receive \$1,500 in the form of a qualified 529 college savings plan provided by Health Net Federal Services, sponsor of the naming contest and of the race's youth activity zone and two popular youth runs.

"Participation from the military is such a large part of the Army Ten-Miler each year that we wanted to make something extra special for their children," Jim Vandek, the race director, said.

"We are delighted to introduce the cheetah as the new race mascot and to launch a naming contest. The newly named mascot will be part of the race for many years to come."

There are two youth runs slated for this year's race. The first race is an approximately 100-meter run for youngsters in kindergarten through 3rd grade. The second race is a 200-me-



ter run for children in 4th through 8th grades.

All children participating in either race will receive a complimentary T-shirt and commemorative finisher medal. Both runs are noncompetitive. A limited number of cheetah coloring race bibs will also be available at youth packet pickup for registered youth runners.

Army Ten-Miler officials announced that the cheetah will be the official mascot of the 26 annual race, Oct. 24, but now the mascot needs a name. Army children between 4 and 14 are invited to submit names for a chance to win \$1,500, which will be placed in a college savings plan.

To avoid multiple submissions of the same mascot name, entries will be posted on the race's website. The first person who submitted the name will receive credit. The top five names will be posted for voting and the winner will be announced Oct. 18. The winner must provide proof of age, as well as parent/legal guardian military status.

The Army Ten-Miler is the third largest 10-mile road race in the world. Race weekend activities include a two-day race expo with over 75 exhibitors, fitness clinics, youth activity zone and youth runs, helicopters and interactive Army trucks on display, post race party and Hooah tents from Army installations around the world.

The race is produced by U.S. Army Military District of Washington with proceeds benefiting Army Morale, Welfare and Recreation, a comprehensive network of support and leisure services designed to enhance the lives of Soldiers and their families.

Prevention is best way to take care of families

Continued from page 11

Targeted health promotion and disease prevention examinations: The following screening examinations may be performed during either the above periodic comprehensive health promotion examination or as part of other patient encounters. The intent is to maximize preventive care.

Cancer screenings: Did you know that not all insurances pay for various preventive screenings? Tricare leads the way in providing a robust preventive health screening opportunity for both Tricare Prime and Tricare Standard.

Female screenings include breast cancer screenings with physical exam and mammogram every 12 months for women 39 years and older, younger if you have a family history of breast cancer. Papanicolaou (Pap) annually starting at age 18 years – after three consecutive normal exams, may be done every three years.

Male screenings include a testicular exam annually for males starting at age 13 to age 39

with history of cryptorchidism, orchiopexy or testicular atrophy. Prostate cancer examination is offered annually for all men beginning at age 50 or earlier if there is a family history of prostate cancer. The screenings include a physical exam and Prostate-Specific Antigen.

Colorectal Cancer exams for both men and women start at age 40 with physical exam and occult blood tests every year. Sigmoidoscopy exams should be done every three to five years beginning at age 50 and colonoscopy every 10 years beginning at age 50.

Cardiovascular Screenings: Everyone should get cholesterol – lipid panel at least every five years beginning at age 18. Blood pressure checks should be done at least every two years.

Vision screening: Active duty family prime enrolled beneficiaries, three years and older, are authorized one comprehensive eye exam by a specialist every year. Infants are screened by their primary care provider at birth and at

six months of age. Children who are standard beneficiaries between the ages of 3 and 6 are authorized two comprehensive eye exams by a specialist. Adult standard beneficiaries are not covered for visual screenings.

■ Immunizations: Age appropriate vaccines (www.cdc.gov/vaccines) to include newly recommended vaccines:

■ Shingles (Herpes Zoster) - beneficiaries age 60-65

■ Human papillomavirus (HPV) - girls ages 11-12; or catch up for girls 13-26 years

This is not an all-inclusive list of the clinical preventive services offered by Tricare so make sure you check with your primary care provider to assure you are up to date on the appropriate screenings for yourself and your family.

Remember – prevention is the best way to take care of yourself and your family.

Editor's Note: Weeks three and four of Tricare's Health Care Benefits Awareness Month will address dental and travel health.

Program is working for beneficiaries

Continued from page 11

should signal you to seek help no matter what may have led up to these feelings. Just like a high fever and trouble breathing may be symptoms that make you seek care from a doctor, any behavioral health symptoms, which may be more subtle, are equally important signals that "it is now time to ask for help." Mental well-being is just as important as physical well-being.

Many programs are being developed within the military health system for psychological health issues that include prevention, protection, diagnosis, treatment and recovery. It is important for us to recognize and treat those "mental injuries" that are keeping you and your family from experiencing the best mental or psychological health possible.

Tools to help

There are many resources at your fingertips to help and just like clinical preventive health measures, seeking professional help at the first signs of mental distress is very important.

Military OneSource offers counseling and other assistance 24/7 through toll-free numbers and resources found at www.militaryonesource.com.

Afterdeployment.com at www.afterdeployment.org offers confidential education on many issues such as dealing with stress, conflict at work, reconnecting with family and friends, anger, substance abuse, and kids and deployment.

Anonymous behavioral health self-assessment at www.militarymentalhealth.org/chooselang.asp.

What does Tricare cover?

Non-active duty Tricare Prime beneficiaries may go to eight outpatient behavioral health care visits without a referral.

Outpatient psychotherapy — limit to length of appointment and frequency

Inpatient admissions

Patients 19 years and older are limited to 30 days in a fiscal year (or admission)

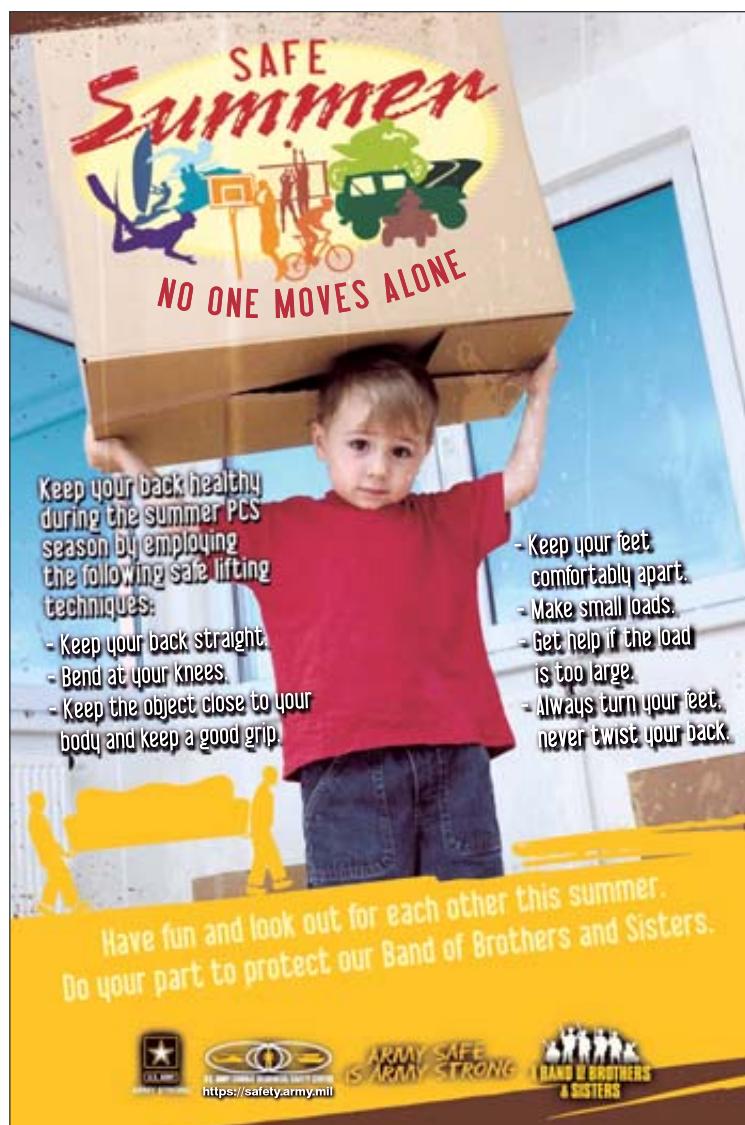
Patients 18 years and younger are limited to 45 days in a fiscal year (or admission)

Residential treatment for patients 18 years and younger may be up to 150 days (available only in the United States)

Substance Abuse Programs — up to 21 days with an additional seven days for detoxification if needed. Lifetime benefit limited to three inpatient treatment programs.

Home safe home

Risk management good for home use, too



by Mollie Miller
U.S. Army Combat Readiness/Safety Center

There's no place like home. This phrase, made popular by Dorothy Gale in the 1939 film "The Wizard of Oz," still holds very true today as people race through their work days in order to get to the comfort and relaxation of home.

This sense of ease that the home creates, however, often opens the door to risk and dangerous situations that result in more than 10 million emergency room visits, 20 million injuries and thousands of deaths each year.

"When you are at home, you let your guard down and that is when some of the serious home safety problems start to pop up," Chief Warrant Officer 4 Joseph Reese, senior maintenance/logistics officer at the U.S. Army Combat Readiness/Safety Center, said. "When you are at work, there is always someone on you about doing things right but that doesn't always happen at home."

Officials at the Home Safety Council report that the home is the second most common location for unintentional fatal injuries in the United States, with motor vehicles traveling on the road being first.

Last year, the Army logged about 26 accidents that occurred in and around the home. Carbon monoxide poisoning, falls, burns, sports and yard work were listed as the causes for most of the accidents. These accidents resulted in several injuries and two deaths.

So, how do you keep your haven from everyday stress home safe home and not a place where danger is lurking around every corner? Reese said a suc-

cessful home safety plan involves many of the same risk mitigation tools people use at work every day.

"The same hazards that can hurt you at work are often present in the home so the same precautions you take at work should be taken at home," he said. "Remember, think things through, identify potential hazards, be a safety buddy for your spouse, your kids and your friends, and use the right equipment."

The biggest home threat that causes many injuries and deaths each year is falls, according to statistics released by the Home Safety Council. Reese said the Army Safety Center has logged more than a dozen reports of at home falls in the past three years that have resulted in significant injuries to Soldiers.

Reese said to avoid falls at home, people must remember to remove things like toys from high traffic areas, keep stairs well-lit, wipe up water and grease spills as soon as they occur and never use a ladder without a buddy.

"You wouldn't leave things on the stairs at work so you shouldn't do it at home either," he said.

Burns also account for many home injuries every year. To avoid this common danger, Reese reminds everyone to "cook with caution." Whether working on a stove or a grill, all chefs should remember to follow safety rules, move pot and pan handles out of the reach of children, keep a pan lid easily accessible to put out grease fires, never use too much lighter fluid on charcoal and never leave grills unattended.

Home improvement projects, including lawn and garden maintenance,

can also lead to a variety of home injuries. With the popularity of home improvement projects growing, it is important to remember that not every project can be completed by the homeowner alone.

"Before you start, you have to do the research and determine if the project is within your skill level," Reese said.

If you do start a home improvement project that includes tools, it is important to read the manual for all the tools to ensure proper operation. Also, personal protective equipment (PPE) including eye and hearing protection should always be worn while operating any kind of machinery, whether power drill, saw or lawn mower.

"Every Soldier has PPE," Reese said. "Remember to put it on at home just as you do at work."

Keeping your home a haven from daily stresses is important especially in today's fast-paced world. Identifying home hazards and taking the steps to mitigate the risks before anything tragic happens is a good way to keep your dwelling "home safe home."

"There is life after work but if you have an accident at home because you were rushing or cutting corners, you are taking valuable time away from your friends, family and fun," Reese said. "Remember, don't take shortcuts, do your research, use a battle buddy and keep yourself safe at home."

For more information about home safety, visit www.homesafetycouncil.org. For more information about the Army's Safe Summer Campaign, visit <https://safety.army.mil>.

FMWR to give away free house-cleaning services

by Family and MWR Command
News Release

Three of the Department of Defense's premiere resort hotels are offering special discounts and an opportunity to win up to a year of house cleaning to the caregivers who support our nation's heroes and their families.

From now through Oct. 24, visit www.afrcresorts.com to nominate a family caregiver for a chance to win one of four prizes: free house cleaning for year, free house cleaning for six months (two prizes) or three months of free house cleaning. The website also offers special discounts for caregivers at the resorts.

Shades of Green, Hale Koa and Edelweiss are DoD Armed Forces Recreation Centers, managed by the Army's Family and Morale, Welfare and Recreation Command. They are designed to be safe, supportive destinations for members of the military, where the patrons know they're in the company of their comrades in arms and their families, have access to military support, and are protected by military force protection measures.

In the words of one guest, "If I suddenly realize he's going back to Iraq in a week and break down in tears, I'm surrounded by people who understand and can help. If that were to happen in (a hotel chain), I'd be treated like I was crazy."

The contest is designed by the Family and Morale, Welfare and Recreation Command to commemorate National Caregiver's Appreciation Month in November and recognize our service member's caregivers — especially those who care for exceptional family members and wounded warriors.

"Right now we're taking a close look at how our Exceptional Family Member Program works, ensuring we're offering the right support to those families who have members with special needs," said Maj. Gen. Reuben Jones, FMWRC commanding general.

"But leadership wants to acknowledge that ALL caregivers play an important role in keeping our Army families strong," said Kristen Kea, FMWRC events manager. "This promotion offers any caregiver a chance to slow down and take a break with discounts at our AFRCs, and a lucky winner will get a helping hand through

free house cleaning."

An exceptional family member is a child or adult with any physical, emotional, developmental or intellectual disorder that requires special treatment, therapy, education, training or counseling.

"The Exceptional Family Member Program is one way we can keep some of the most important promises articulated in the Army Family Covenant ... providing access to family programs that foster an environment in which families can thrive," said Lt. Gen. Rick Lynch, commander of the Installation Management Command, when announcing plans to revitalize the program.

Between now and Oct. 24, anyone can nominate a caregiver to be part of the random drawing. The drawing will be made in early November, and a winner announced as soon as eligibility is verified. For the purposes of the contest, a caregiver is defined as:

- 1) a person who cares for someone who is sick or disabled (including wounded warriors and exceptional family members), or
- 2) an adult who cares for an infant or a child of a service member.

The winner must be eligible to stay in an Armed Forces Recreation Center — a military ID card holder or their registered guest — as defined by the AFRC eligibility requirements.

To nominate a caregiver, visit [AFRCresorts.com](http://www.afrcresorts.com) before Oct. 24, and select the link to the Family and MWR page on Facebook. Respond to the "Caregivers" thread by providing the caregiver's first name and a brief explanation of why you feel they should win.

The winner will be selected at random, and the promotion is designed to give members of the military family an opportunity to sing the praises of the caregivers in their lives. The nomination will be posted publicly, so MWR officials reserve the right to edit or remove posts that might contain personally identifying information or operational security concerns.

For those who want to nominate a caregiver but are not members of Facebook, an alternate form of entry is also described on the AFRC website.

For more information on eligibility, the promotion or the AFRCs, visit www.afrcresorts.com.



The Research, Development and Engineering Command's chemical and biological center recently hosted performance test demonstrations including a manned/unmanned Ripsaw ground vehicle with mounted smart launchers and cutting-edge portable obscurant generators.
(Artist's rendition)

Army to test futuristic nonlethal technologies for the battlefield

by Edgewood Chemical Biological Center Public Affairs
News Release

ABERDEEN PROVING GROUND, Md. — Employees from the U.S. Army Edgewood Chemical Biological Center's Smoke and Target Defeat Branch, in support of the Joint Project Manager Nuclear Biological Chemical Contamination Avoidance Obscuration Team, recently hosted more than 50 interested parties during a "proof of concept" demonstration of futuristic, nonlethal battlefield capabilities at the APG's M-Field.

The "performance test" demonstrations were pulled together in 90 days — in collaboration with the U.S. Army Armament Research, Development and Engineering Center, Howe and Howe Technologies, Inc. and Saab South Africa — and included a manned and unmanned Ripsaw ground vehicle with mounted smart launchers and cutting-edge portable obscurant generators.

"Perhaps more important than the fact that the demonstration was a success is that it has stimulated dialog across industry, multiple Army research development and engineering centers and military organizations to help create clarification of future requirements that will help to save the lives of warfighters," said Brian McFadden, a systems engineer responsible for coordinating the demonstration.

The collaborative team of defense and industry professionals came together to evaluate potential solutions to satisfy sustainability requirements at the request of the U.S. Army Maneuver Center of Excellence's leadership to

address a capability gap in nonlethal weapons.

While many of the teams were already working on separate pieces of the demonstration, the JPM NBC CA team was responsible for merging efforts, performing tests on obscurant and launcher components of the demonstration, as well as hosting and executing the demo.

"ARDEC has been working with Saab, South Africa, to develop the Multi-Mission Modular Weapon System, which has the capability to fire 40 mm, 66 mm and 80 mm rounds from one common launcher," McFadden added. "This demonstrates the launcher's flexibility to use numerous existing rounds of ammunition. It also highlights the capability to use this launcher for both smoke screening and non-lethal missions."

In addition to the Multi-Mission Modular Weapon System Launcher, the demonstration also included the Ripsaw, a very maneuverable, unmanned/manned armed tank that performs at over 60 mph, a Screen Obscuration Module prototype, fabricated by the Missouri University of Science and Technology, called the UMR generator and the Multi Spectral Material.

"The bottom line is that mission is to serve the warfighter and smoke obscurants and non-lethal weapons provide battlefield force multipliers that give service members in harm's way the ability to incapacitate targeted personnel or materiel, while minimizing fatalities," said Rob Carestia, a mechanical engineer and supervisor in the ECBC Smoke and Target Defeat Branch.

Aiming to build on the success of the "proof of concept" demonstration, the ECBC team plans to continue to work with ARDEC and others to further development and eventually deliver the technologies to theater.

News is addictive. If need more, subscribe to USAG Grafenwoehr's daily newsletter. E-mail usaggnews@eur.army.mil to get your daily news fix.

Holiday Greetings tapings coming to Graf

by Rich Lamance
Army News Service

SAN ANTONIO — Before candy gets stocked in supermarkets for the upcoming Halloween season, teams will already be busy taping at overseas locations throughout the world for special greetings to be aired during the holiday season.

Three separate broadcast teams from the Joint Hometown News Service in San Antonio, Texas, are boarding planes this week to begin taping video holiday greetings of service members and their families stationed overseas during the holiday season.

Service members and civilian employees from all branches of service, their family members and DoD civilians are eligible to participate, according to Erich Schwab, this year's holiday greetings coordinator. According to Schwab, who is also the European team chief, three teams comprised of three members per team will travel to the Pacific, Europe and Southwest Asia theaters, setting up their cameras in more than 60 locations.

When a team sets up in your area, Schwab says there are just a few guidelines to follow to ensure family and friends back home see your personal greeting on local television and hear it on local radio stations.

• Make sure to bring your address book. You'll need family members' names, city, state and phone number. No street address is needed, but station managers need phone contact info to let families



Photo by Tech. Sgt. Sean Worrell

Erich Schwab watches Scott Williams set up a shot with the help of Air Force Staff Sgt. Shizuko Shearl as they go through a practice session for this year's holiday greetings program. Both Schwab and Williams will be part of the European greetings team that will spend the next five weeks conducting greetings in the U.K., Germany, Italy and Kosovo.

know when your greeting will air.

- Service members need to be in uniform. Work uniform is fine. Family members should accompany their sponsor, unless their sponsor is deployed. And, of course, don't forget the props: Santa's hats, pets, banners and Christmas attire.
- Depending upon where you're stationed, there is a good chance there will be waiting lines. Lunch time and after work is normally prime time, so if you can break away for a few minutes during midmorning or midafter-

noon, you can avoid the rush.

- In front of the camera: There aren't a lot of rules, but here are some tips to make the experience go smoothly. The top three: relax, relax and relax. So what if you'll be seen by a million TV viewers. When you're taping it's just you and the camera.
- Try to be cheerful and in the holiday spirit. It doesn't show well on camera if your teenage daughter looks like she'd rather be at the mall than wishing grandma happy holidays.
- Try to keep hand gestures to a

minimum and, of course, no profanity. When you're giving your greetings, don't say "Happy Thanksgiving." Most of these greetings will air from Thanksgiving Day through New Year's Day and could quickly become obsolete if the specific holiday mentioned has come and gone when your greeting airs.

- You don't need a teleprompt or a script, but try writing down your main points on a 3 x 5 card. Sometimes nerves can cause a bout of forgetfulness, so jot down your family members' names and the points you want to get across. If you have family in more than one area, you can do several greetings. You've got 15 to 20 seconds per greeting, more than enough time to get in your holiday wishes to those closest to you.

According to Larry Gilliam, Joint Hometown News Service deputy director, when the teams return to San Antonio in mid- to late October, production will run 24-hours-a-day, seven days a week.

"In 2009, we mailed out close to 9,500 TV and radio greetings to 1,234 TV stations and 1,689 radio stations," said Gilliam. "Based upon the feedback we received from stations, over 52 million households watched the greetings on TV and 21 million households listened to greetings on the radio. And, those numbers are based just on the small percentage of feedback we received."

This year you can follow the teams' schedule online. Visit <http://jhns.dma.mil>, where you can find a listing of where and when a team will visit your area. Happy holidays!

Many fires in the community are preventable

Continued from page 1

The majority of dryer fires in Grafenwoehr and Vilseck are in the barracks and result from many Soldiers using the same dryers and not being conscientious enough to clean out the lint traps.

Residents are encouraged to keep a fire extinguisher readily available. For those who do not know how to operate a portable fire extinguisher, safety officials suggest they contact their local fire department for hands-on training.

"Families are not required to keep fire extinguishers in their apartments or homes," Rodler said, "but smoke detectors are required in every new contract to build for leased housing."

Rodler said the fire department regularly provides training to groups like the Boy Scouts, Girl Scouts and family readiness groups," said Rodler. To schedule training, call fire inspector Eduard Eismann, at 09641-83-8972. IMCOM safety officials are also tracking what they call "an alarming number" of incidents where people have failed to report fires as quickly as possible upon discovery. These delays resulted in larger blazes with greater severity, increased property loss and risks to



Photo by Ingrid Barrentine

Maranda Mills and Jim Gustin, a Fort Lewis Fire Department fire inspector, use a laser-operated fire extinguisher to put out a simulated oven fire in the fire department's smoke trailer. The trailer was on display last year in front of the Fort Lewis PX as part of the department's efforts during Fire Prevention Week.

other building occupants and responding firefighters.

Accordingly, Army Regulation 210-50, Installations Housing Management, requires family housing residents to:

- Be familiar with fire precautions and take timely corrective actions to prevent fire hazards;
- Conduct voluntary self-inspections and monthly fire drills and establish an accountability location outside the housing for evacuating family members;
- Test installed smoke detectors quarterly;
- Provide a portable, hand-held, multipurpose fire extinguisher for permanent

party housing when such housing is used as a family child care home under the provisions of AR 608-10;

- Know how to report fires;
- Attend command-sponsored briefings on actions to prevent fires in housings.

Rodler recommends residents take the time to program the numbers for fire, emergency medical services and the military police into their cell phones right away.

"If they program it into their cell phones before there is an emergency," Rodler said, "it will already be typed in correctly and they will get a speedy response, which means we can reduce the fire

damage."

The emergency numbers for the Grafenwoehr and Vilseck areas are: fire, 09641-83-117; emergency medical services, 09641-83-116 or 09641-83-117; and MPs, 09662-83-3397.

Plus knowing how to escape a fire is just as important. Yet, only a quarter of U.S. households have planned and practiced a home fire escape plan, according to the National Fire Protection Association.

"Sometimes there are only seconds to escape and there's no time for planning during a fire emergency," said Gerald Adams, IMCOM fire protection specialist.

He recommended sitting down with family members and making a step-by-step plan for escaping a fire.

"Agree on a place outside your home where every member of the household can meet," Adams said, "and wait for the fire department to arrive. Once you are out of your home, don't go back inside for any reason. Having a plan that has been practiced saves precious time ... and lives."

Overall, IMCOM safety officials suggest practicing these preventable fire safety techniques: report fires immediately to the local emergency services, no matter how small; do not leave a stove unattended while cooking; clean clothes dryer lint vent after each use; practice your fire escape plan regularly; and test your smoke detector quarterly.

"The most important things residents can do to prevent kitchen fires is to stay in the kitchen the entire time you are cooking," said Rodler.

"If you can't stay in the kitchen, turn off the stove and remove the pan from the hot burner."

Editor's Note: Trecia A. Wilson, U.S. Army Garrison Grafenwoehr, contributed reporting.

Garmisch celebrates equality

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thing to us, but something that wouldn't have been possible without those rights.

The rights to marital and parental rights, giving women a say in their own home; the right to an education, and it's funny to me now that I took that right for granted, because I'm old enough to remember the implementation of Title IX of the Education Amendments.

"No person in the United States shall, on the basis of sex, be excluded from participation in, be denied the benefits of, or be subjected to discrimination under any education program or activity receiving federal financial assistance."

I challenge you to read about the history and timeline of the Women's Equality movement, about the ties between prohibition, women's suffrage and the civil rights movement.

Although women have made huge strides in achieving equality, there are still hurdles in our path. Such things as equal pay for equal work. According to the most recent census statistics, American women earn 77 cents to every dollar earned by a man for equal work. Sadly, the statistic is even worse for African and Latina women (67.8 and 58 cents, respectively).

Another challenge is equal access to senior level employment. At the end of 2009, there were only 16 women out of 500 CEOs running Fortune 500 companies. On a positive note these 16 were making more than their male counterparts, which is believed to be the result of transparency of CEO salaries.

Another hurdle is increased funding for study of women's health issues; medical research and studies have largely been conducted on men, and women have been left out of the mix, despite the vast differences in physiology. Women are pursuing these issues with calm determination, peacefully working toward equally footing on all fronts. With determination and pursuit of what's right, women can achieve that equal footing, and for our children's sake, let's not take 72 years.

Women's Equality Day, Aug. 26, was in commemoration of the day in 1920 in which women received the right to vote. But we're not there yet. It isn't a fixed point in time, but rather a symbol of the continued fight for equal rights.

Editor's Note: Teri Chang is a human resources specialist with U.S. Army Garrison Garmisch.

Energy Tips

■ **Avoid flushing the toilet unnecessarily. Dispose of tissues, insects and other such waste in the trash rather than in the toilets.**

■ **Report leaky or damaged windows to your Single Soldier Housing Office (DSN 475-6105). Check out with your DPW Self Help (DSN 475-6331) on small repairs.**

CYSS child care fees reset after remaining static since 2004

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because they were paying the same child care rates as those who were making substantially more money. The Department of Defense has subsidized, and will continue to subsidize fee rates for all income levels, however, since the rates for child care are based on total household income, this concern required an in-depth look at the existing fee policy.

According to a Family and Morale, Welfare and Recreation news release published in the Aug. 18 edition of the Bavarian News, child care

fees at most Army garrisons have remained static since 2004 in an attempt to ease the burden of persistent conflict and multiple deployments.

Although many changes have been made in the new policy, it's important for parents to know this is not an across-the-board fee increase.

Benefits of this restructuring include the following:

- The existing fee schedule has six categories, while the new structure has three additional fee categories for families in the higher income brackets, and income level one has been

expanded.

■ The multiple child discount has been increased from 10 to 15 percent. (Full fee is charged for the child in the most expensive care option, e.g., Full Day CDC care versus SAS care). A 15 percent multiple child discount is offered to second and subsequent children in all youth sports programs occurring during the same season.

- Category 1 has been expanded, so some families will now fall into a lower fee bracket.

"Although there are some disadvantages to the new fee structure for

a few families, in general, the benefits outweigh the disadvantages," said Payne. "If you have been affected by this new fee structure and feel the additional fees create a hardship for your family, you can request an exception to policy on the basis of financial hardship from your garrison commander."

Most families have already been contacted by CYSS or the Child Development Center about the fee changes, however, for anyone who has not been contacted, call the Grafenwoehr CDC at 09641-83-9476 and the Vilseck CDC at 09661-83-2651 for more information.

Families in Hohenfels may contact their individual child development centers or Anita Payne at 09641-83-8430.

Ansbach residents can visit [www.ansbach.army.mil/sites/directories/cys.asp](http://ansbach.army.mil/sites/directories/cys.asp) for a complete list of CDC numbers; Schweinfurt residents can contact Michael Payne at 09721-96-6279. For more about the new child care fee schedule visit www.myarmyonesource.com/CYSSFees.